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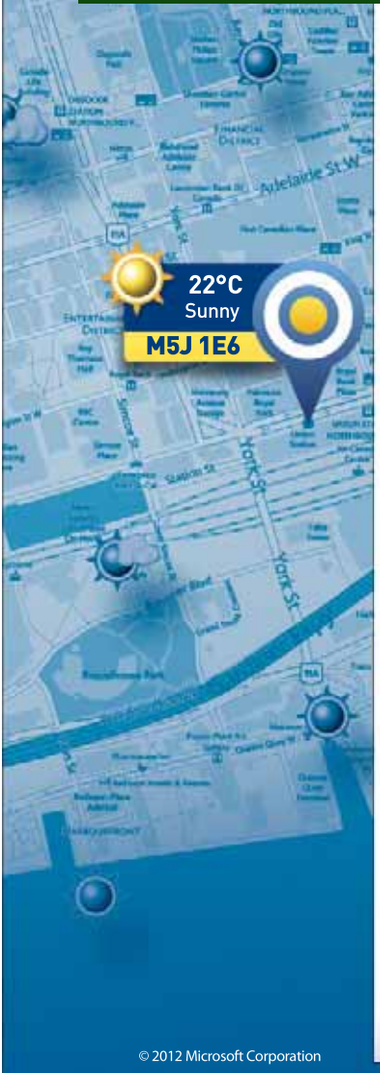

Parents aim to sidestep equity policy

Education. Christians, Muslims want warning when sensitive topics like homosexuality are taught, using stock letter to get kids excused from teachings

A number of conservative Christian and Muslim parents — unusual political bedfellows — suddenly are asking schools across the GTA to notify them when their child's class will discuss topics ranging from homosexuality and birth control to wizardry, evolution and "environmental worship," so they can withhold their child from classes that contradict their religious beliefs.

They are giving schools the same five-page "traditional-values letter" used by a Greek Orthodox father who has sued the Hamilton school board for refusing to warn him when his children's teachers plan to talk about family, marriage or human sexuality. Hamilton dentist Dr. Steve Tourloukis said Monday he only wants those issues taught to his Grade 1 daughter and Grade 4 son "from a Christian perspective."

Just days after Ontario's new school anti-bullying law, Bill 13, took effect — promoting acceptance of all types of diversity — parents of conservative Christian and Muslim backgrounds began presenting letters to public elementary schools in Toronto, Peel, York and Durham regions asking to be notified before their children's class discusses a topic on a list the parent has checked off.

Word of the letters has set off alarms across a provincewide network of school equity officers. Its founder, Chris D'souza, warned that "any attack on Ontario's move forward to an inclusive school system is a concern."

Government sources say Ontario parents can request their child be excused only from certain portions of sex education. TORSTAR NEWS SERVICE

Quoted

"A little person can draw a picture of her two moms or two dads, for example, and feel safe and accepted. That's what happens in classes across Ontario and that's what should happen."

Education Minister Laurel Broten, defending the inclusive approach of the Ontario school system

SHANGHAI SMILE

Chinese actress Zhang Ziyi gestures at the presser for the film Dangerous Liaisons during the 2012 Toronto International Film Festival on Monday. The film is the fifth adaptation of Pierre Choderlos de Laclos's epic novel; this time it's set in 1930s Shanghai. More TIFF coverage on pages 20-22. AARON VINCENT ELKAIM/THE CANADIAN PRESS

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Brampton

Popular teen football player dies after game

A 17-year-old Brampton high school football player who collapsed during an exhibition game has died.

Gene Odulio, a Grade 12 student at St. Thomas Aquinas Secondary School, was playing for his school team against Brantford Collegiate Institute on Friday in Brantford.

There were about nine minutes left in the fourth quarter when he collapsed, said Bruce Campbell, manager of communications for the Dufferin-Peel Catholic District School Board.

"There was no discernible incident, no triggering incident during the game," Campbell added. "That's not to say he didn't get hit during the game, but nothing you could point to" as the cause, he said. He added that the death is being treated as an accident.

Odulio was rushed to Toronto's Sunnybrook hospital, where he died Sunday.

St. Thomas Aquinas held religious services throughout Monday morning.

"It's pretty tough on all the kids," Campbell said.

"There was a very sad tone in the school (Monday), and counsellors were available to talk to the kids. He was a really outgoing, popular student."

TORSTAR NEWS SERVICE

Gene Odulio CONTRIBUTED

Memorial grows for six-year-old murder-suicide victim

Eva Olesniewicz and her daughter Luisa, 4, left a note and flowers Monday in front of 1052 Clark Blvd. in Milton, where Wojciech Kosalka and his son Noah, 6, were found dead, in what police have ruled as a murder-suicide. Luisa's brother went to school with Noah. Neighbours and friends have left cards, flowers, candles and stuffed toys in front of the house in a makeshift memorial. The cards all appear to be addressed to Noah.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Prostitution inquiry at group home tip of iceberg, police say

Crime. 16-year-old girl and 21-year old man charged with human trafficking and procuring

JESSICA SMITH
jessica.smith@metronews.ca

A Toronto sex crimes detective says the investigation into the prostitution of two teenaged girls from a group home is "still very raw right now," but promised there is more to come.

Quoted

"We still have many, many, many people we have to speak with. I promise you this is just the start."

Det. Mark Benallick

"This is the tip of the iceberg," said Det. Mark Benallick. "In this investigation we've barely begun."

Police arrested a 16-year-old girl, who cannot be named because she is a minor, and 21-year-old Anthony Merchan over the weekend, and charged both with offences including human trafficking and procuring a person to become a prostitute.

The minor girl is also charged with threatening bodily harm and threatening property damage.

The two victims, girls aged 14 and 15, are from a group home northwest of Toronto and were procured into prostitution in the Sherbourne Street area of Toronto, police said.

Police moved quickly and arrested the 16-year-old girl on Saturday, the same day the complaint was made, and arrested Merchan on Sunday.

"It's because it's a group home, we had to take pretty quick action and make sure no other potential people were victimized," he said.

Benallick would not say what connection, if any, either of the accused had with the group home.

Police will be doing more interviews and there may be more arrests and charges, said Benallick.

1 NEWS

Mobile news

Brave (or perhaps silly) tourists fearlessly tease tigers up close at a Thailand sanctuary. Scan the code to watch the video.

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Swimming sensation welcomed home

Paralympic athlete Summer Mortimer, 19, is greeted by her parents Craig and Janice Mortimer, as she returns from London with her four medals in swimming — two golds, a sliver and a bronze — at Pearson International Airport on Monday. DAVID COOPER/TORSTAR NEWS SERVICE

Subway Quiz tests your knowledge of the Rocket

TTC. An online game developed by Spacing magazine challenges a commuter's attention to detail

You ride it every day. But how well do you really know the TTC?

A new online game called Subway Quiz will test your recall on the details of your daily commute.

The game, being launched Tuesday, challenges players to match more than 350 photos to one of Toronto's 69 subway and SRT stations.

Quoted

"I wanted to know what people take in on their subway stations, how curious they are, how much they actually look at the stairwell that they take up to the bus or streetcar platform every day."

Subway Quiz creator Matt Blackett

The multiple-choice format improves a player's scoring odds, but success depends on a TTC rider's attentiveness to details such as art installations, wall tiles, platform design and ceiling slats.

The game incorporates at least three photos of each station, and one is included 11 times, although creator Matt Blackett won't say which one.

He's the urban-obsessed founder of Spacing magazine and the photographer behind about half the photos in the game, which allows players to sign in for a 10-, 20-, or 30-question quiz.

Blackett, 38, who dreams of designing a TTC station, has conducted walking tours of the system. He has been thinking about the quiz for about five years. TORSTAR NEWS SERVICE

Polling Toronto

Support for bike licensing growing

New research suggests that there's widespread and growing support for licensing cyclists in Toronto.

A poll of 834 Toronto residents by Forum Research also shows that more than half of respondents believe that licensing bikes would be a fair trade-off for Toronto investing in European-style bike infrastructure.

Overall, 65 per cent of respondents approved of licensing bikes to improve traffic law enforcement.
TORSTAR NEWS SERVICE

Medical study. Flu-shot rates vary by ethnicity

Flu vaccination rates vary widely among different ethnic communities in Canada, with black and white Canadians being the least likely to get inoculated, according to new research.

"Our results show that all ethnic groups, with the exception of black Canadians, had significantly higher uptake of influenza vaccination than white Canadians," wrote lead author Susan Quach and principal investigator Dr. Jeffrey Kwong.

Canadians of Filipino, Japanese and Chinese backgrounds had much higher vaccination rates than white Canadians and black Canadians, according to a study published in the Canadian Medical Association Journal.

The results contrasted from similar studies in the United States that white Americans are more likely than other ethnic groups to get the flu shot.
TORSTAR NEWS SERVICE

Included in the study

437,488

Researchers looked at data from the Canadian Community Health Survey from 2003 to 2009, which included 437,488 people aged 12 and older, from 12 ethnic groups.

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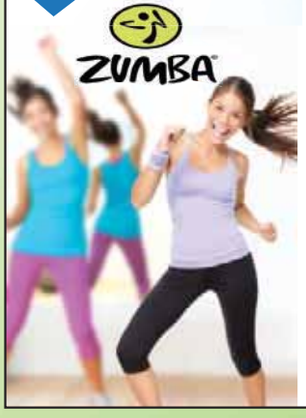

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City hall

Port Lands plan passes executive committee

Mayor Rob Ford's executive committee has approved a 30-year revitalization plan for the Port Lands, a massive east-end waterfront site. The project will cost approximately $1.9 billion, with most of the funding coming from the private sector, land sales and development charges.

The site is located east of Cherry Street and south of Lake Shore Boulevard.

The plan envisions a neighbourhood with 8,700 housing units, office and retail space, and a 375-room hotel.

THE CANADIAN PRESS

Galloway Boys

Police link gang to deaths, shootings

Toronto police are linking a street gang to three east-end homicides and six shootings. Two of the homicides occurred on Danzig Street, when a 14-year-old and a 23-year-old were killed at an east-end block party in July. Another 23 people were injured in that incident.

Police say the other homicide also occurred in east-end Toronto when a 24-year-old was gunned down last December. Investigators say they've linked the three slayings and six shootings to the notorious Galloway Boys street gang.

Police plan to release more details of the investigations on Tuesday.

THE CANADIAN PRESS

Ontario politics

McGuinty faces leadership review

Premier Dalton McGuinty faces a review of his leadership at the Ontario Liberals' annual general meeting in Ottawa later this month.

McGuinty, who has led the Grits since 1996 and been in power for the past nine years, will be judged by the party rank and file at the Sept. 28-30 conference, party president Yasir Naqvi confirmed Monday.

"It's automatic. According to our constitution within two years after an election there has to be a leadership review vote. It's a secret ballot," Naqvi, the MPP for Ottawa Centre, said in an interview.

TORSTAR NEWS SERVICE

Japan killings. Judge orders Toronto man extradited

A judge has ordered a Chinese national living in Toronto to be committed for extradition to Japan, where he is wanted for questioning in a high-profile supermarket murder of a woman and two schoolgirls.

Liang He, 41, who describes himself as a Brampton supermarket worker, was allegedly involved with criminal gangs in Japan, according to Ontario Superior Court Justice Robert Clark.

Clark ruled Monday the married father of two sons should be extradited to face charges of using an improperly issued Japanese passport, though his lawyers argue Japan is using that as an excuse to question him about the murders.

The courthouse on University Avenue was beset by 20 Japanese reporters covering the story.

On the night of July 30, 1995, three part-time workers were shot at Nanpei Supermarket in the Tokyo suburb of Hachioji. The crime remains unsolved.

TORSTAR NEWS SERVICE

Murdered woman planned to leave husband, family says

Mississauga. 'She was so bubbly and full of life,' cousin recalls

A Mississauga woman found dead in her home over the weekend was planning to leave her husband, family members say.

The lifeless body of 40-year-old Aicha Saludares was found with obvious signs of trauma in an apartment at 480 Lakeshore Rd. E. Saturday.

An arrest warrant was issued for her 39-year-old husband, Nelson Tayongtong, whom police have named a prime suspect in his wife's homicide. He is wanted for second-degree murder.

The victim and her husband, both born in the Philippines, had been married for about two years, family members said.

Saludares worked as a mortgage agent with the Canada Mortgage Store, according to her Linkedin account. She was also an independent distributor for a company that sells nutritional products.

In late 2010, her husband suffered a stroke, losing much of his vision and ability to walk and talk, according to the victim's Facebook page.

Over the months that followed, Saludares used social media to update family and friends at home and abroad about his condition.

"My husband is slowly gaining his memories back. ... he is talking! I'm so happy!" she wrote in October of that year.

On her birthday in April 2011, as Tayongtong's health improved, she expressed her thanks and gratitude: "I have so many things to be grateful in my life and I am excited for the years to come! Life is beautiful!"

More recently, family members said, things had changed in the relationship. Justin Lagatoc, a cousin of the Saludares family, told Torstar News Service that the victim was unhappy and planned to leave her husband in the fall.

"She was so bubbly and full of life," Lagatoc said. "A lot of people aren't going to be the same without her."

TORSTAR NEWS SERVICE

Grim discovery

- Peel Region police said family members discovered the victim's body and called police just after 1:30 p.m. Saturday. The victim was living with the suspect at the time of her death.
- Investigators believe Tayongtong is still in the GTA. He is five-foot-seven and 130 pounds, with a slim build and short black straight hair.
- Anyone with information is asked to call police at 905-453-2121, ext. 3205.

Aicha Saludares, left, was found dead in her Mississauga apartment at 480 Lakeshore Rd. E. on Saturday. An arrest warrant has been issued for her husband, Nelson Tayongtong. CONTRIBUTED

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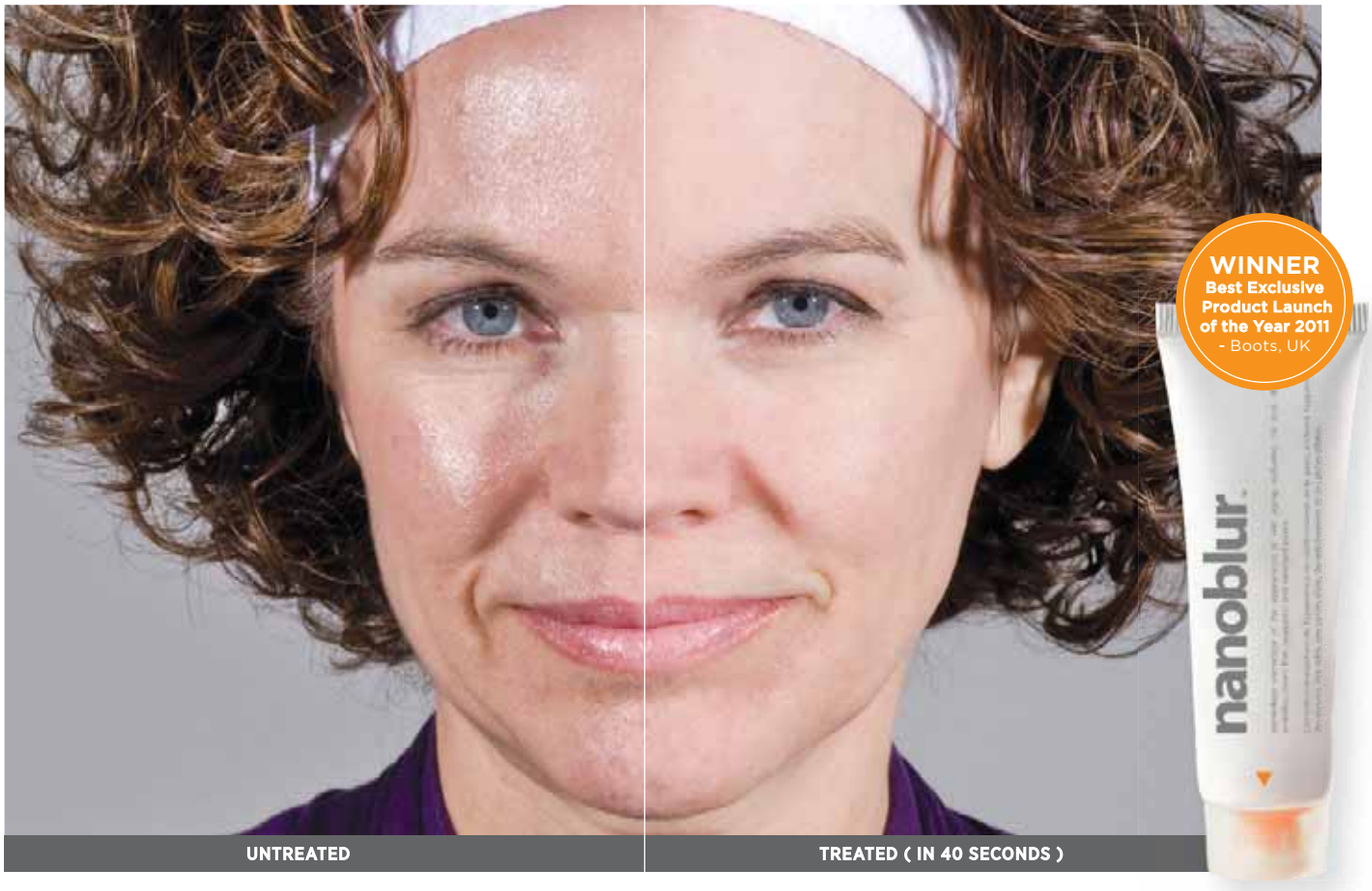

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Feds planning to revoke citizenship of applicant cheats

Immigration fraud. Minister Jason Kenney looking to introduce amendments to the Citizenship Act as part of multi-year crackdown

The federal government plans to revoke the Canadian citizenship of 3,100 people it says cheated on the process.

It's also looking at thousands of others who may have obtained or maintain permanent residence fraudulently.

Immigration Minister Jason Kenney says cheats will be stripped of citizenship and residence status.

Letters have been sent to more than 600 of the 3,100 or so people to start the process of revoking their citizenship. However, he says no one has yet lost their citizenship.

Kenney says that's because the process takes several years.

Jason Kenney THE CANADIAN PRESS

He says it's part of a multi-year crackdown on immigration fraud.

"Canadian citizenship is not for sale," he said.

"We will continue to take strong measures to combat the industry of crooked immigration agents here and abroad who seek to devalue Canadian citizenship by creating fake proof of residency and committing other forms of fraud."

So far, he says, federal agencies have removed or denied admittance to more than 600 former permanent residents linked to the fraud investigations.

They have denied about 500 citizenship applications where the applicants did not meet residence requirements, and almost 1,800 applicants linked to cheating have simply abandoned their citizenship applications.

Kenney also says he is planning to introduce amendments to the Citizenship Act that would require immigration consultants to be members of a regulatory body, which he says may help crack down on crooked agents.

THE CANADIAN PRESS

Against an oppressive regime

Iranian Canadians rally outside the Department of Foreign Affairs in Ottawa on Monday to support the Canadian government's decision to expel all Iranian diplomats from Ottawa.

SEAN KILPATRICK/THE CANADIAN PRESS

Cutting ties

More to leave Iran: News agency

An Iranian semi-official news agency says Iran expects more countries to follow Canada's example and close their embassies in Tehran.

The Mehr news agency on Monday quoted Hasan Sobhaninia from Iran's influential parliament committee on national security and foreign policy as saying that there "is the possibility" of others making the same decision as Ottawa.

THE ASSOCIATED PRESS

Nuclear threat

UN demands Iran's co-operation

The head of the UN nuclear agency, Yukiya Amano, made an unusually strong demand Monday for Iran to co-operate with an investigation into suspected secret work on nuclear weapons, expressing his frustration with the lack of headway in the probe.

Asked why there was no progress on the probe, Amano told reporters: "You'd better ask Iran."

THE ASSOCIATED PRESS

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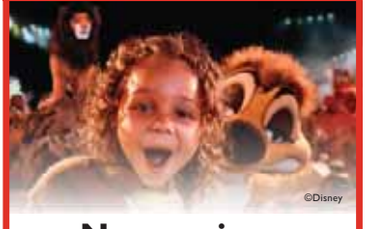

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Dungeon. Abduction target reacts in court to imprisonment plot

The intended prisoner of a confinement room built in an abandoned Pickering farmhouse said she is now living in fear and haunted by images of the makeshift dungeon designed with her in mind.

"I am still in shock," a weeping Gwen Armstrong said in an Oshawa courtroom Monday.

Armstrong was among three women who read victim-impact statements in an Oshawa courtroom on Monday morning at the sentencing hearing for Robert Edwin White, the 44-year-old man who built a confinement room in the basement of a Pickering farmhouse.

Last Wednesday, White pleaded guilty to a charge of breaking and entering with the intent of committing an indictable offence. An attempted kidnapping charge was withdrawn.

According to an agreed statement of facts, White built the dungeon in order to confine Armstrong, who took in his ex-wife, Patricia Gallagher, after the couple's separation.

In her statement, Armstrong said she only learned last week that the meticulously planned dungeon, with its steel chains and multiple locks, was intended for her all along.

"Like everyone else, I had seen the photos splashed across the newspapers and Internet (but) I didn't fully learn of their significance to me until last Wednesday," she said.

"Since then, those same photos have been running through my mind constantly," she continued. "They fill me with such horror that I feel physically ill."

TORSTAR NEWS SERVICE

Confinement room

The dungeon was discovered in late November by contractors who noticed recent construction in a farmhouse.

- The police discovered a dungeon in the basement with heavy doors and multiple locks, designed to trap someone inside.
- Steel-link chains hung from the ceiling and the heavily reinforced room was bolted from the outside with tire-irons.

Shooting victim honoured with civic funeral

Quebec premier-elect Pauline Marois, left, helps Ginette Jean, mother of Denis Blanchette, during funeral services on Monday in Montreal. Blanchette died last week when a gunman opened fire at the Parti Québécois election-victory party. He was given a rare civic funeral, which is usually reserved for public figures, as well as police officers slain in the line of duty. Richard Henry Bain faces 16 charges, including first-degree murder, in the shooting. GRAHAM HUGHES/THE CANADIAN PRESS

Long-gun registry

PM's words cited in court rebuke

A court delivered a stinging rebuke to the federal government over its plan to scrap the long-gun registry even if a province wants to keep it, with Monday's verdict even singling out Prime Minister Stephen Harper.

The Quebec Superior Court accused the federal government of violating principles of Canadian federalism, and its 42-page verdict cited the prime minister's words as evidence.

THE CANADIAN PRESS

Online company

Don't buy HIV home-testing kits: Health Canada

Health Canada is warning consumers about a web-based company that is trying to sell home-testing kits for HIV and a number of other sexually transmitted infections.

The department says there are no HIV test kits licensed for home use in this country.

THE ASSOCIATED PRESS

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McGuinty remains close to bottom in popularity poll

Bleak picture. Provincial Liberal leader hovering in low 30 per cent range: AngusReid

SEAN MCKIBBON
Metro in Ottawa

Only two premiers rank lower than Ontario's Dalton McGuinty in terms of approval rating, according to numbers released by AngusReid on Monday. And approval of McGuinty's performance is tied with one premier — Quebec's Jean Charest — who just lost his seat and resigned.

Thirty-two per cent of respondents said they approved of McGuinty's performance, while 60 per cent of respondents said they disapprove.

Only British Columbia's Christy Clark (28 per cent) and Nova Scotia's Darrell Dexter (26 per cent), both facing difficult elections in 2013, had lower approval ratings.

Prof. Richard Nimijean with Carleton's School of Canadian Studies said he believes the low approval rating is reflective of "broader political dynamics" in the province.

"McGuinty is down to presumably his base now," Nimijean told Metro Ottawa on Monday.

Why the bad rating?

Richard Nimijean, who teaches at Carleton University's School of Canadian Studies, offers his take on why Premier Dalton McGuinty has such low approval ratings.

- **A tight space.** Nimijean said the tough words McGuinty had for public-sector unions—coupled with legislation aimed at limiting teachers' ability to strike — in the lead up to that byelection has left him little room to manoeuver on the left.
- **Difficult situation.** "McGuinty, I think, is in a tough spot," said Nimijean. "You can't give up the centre-left to the NDP because it's just too big."

Premier Dalton McGuinty greets supporters in Vaughan in front of newly elected MPP Steven Del Duca after the Liberal won the provincial byelection in the city on Thursday. MICHELLE SIU/THE CANADIAN PRESS

Ontario

Tories call for end to regional health-care organizations

The Progressive Conservatives are writing a new prescription for Ontario's cash-strapped health-care system, starting with a change in who's making decisions about how billions of dollars are spent across the province.

The province should abolish regional organizations that decide where the money goes locally and instead rely on 30 to 40 "community hubs" created from existing hospital corporations and staffed by volunteer boards, the Tories said Monday. THE CANADIAN PRESS

Environment

World leaders sound the alarm over water crisis

A group of former world leaders and experts is sounding the alarm about a water crisis that threatens peace, political stability and economic development around the globe.

The InterAction Council has issued a new report warning that the future impact of water scarcity could be devastating.

Former Canadian prime minister Jean Chrétien, who co-chairs the council, says the group is trying to raise awareness of the urgency of the crisis in hopes that the Security Council will recognize water as a top security concern facing the planet. THE CANADIAN PRESS

Former prime minister Jean Chrétien co-chairs the council. FRED CHARTRAND/THE CANADIAN PRESS

Election

Somalia gets a new president

Somalia's parliament elected a new president Monday, a move that members of the international community say is a key step for the country toward having an effective central government. THE ASSOCIATED PRESS

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Forest fire. Evacuation order lifted for most residents

Roughly two-thirds of residents who've been kept from their homes due to a forest fire in Peachland, B.C., are being allowed to return.

The local regional district says about 1,100 people are allowed to return, effective immediately, after a rapidly moving forest fire forced them from their homes for a day.

Another 400 people remain under an evacuation order, and they will be spending another night in hotels and with friends and relatives.

The fire broke out Sunday in an area just northwest of Peachland, quickly spreading due to high winds and destroying four houses.

Officials started the morning on Monday saying the fire was 50 per cent contained and that cool weather and rain had slowed the blaze's progress.

The forecast for the rest of the week is hot and sunny, but fire officials note that winds are not expected to be strong, which makes it easier to keep the fire from spreading further. THE CANADIAN PRESS

A helicopter drops water on a wildfire in Peachland, B.C., on Monday. DARRYL DYCK/THE CANADIAN PRESS

Workers head to the Colchester Legion Stadium as dikes on the Salmon River gave way in Truro, N.S. The area is under a rainfall warning as tropical storm Leslie churns toward Atlantic Canada. Leslie is expected to make landfall in Newfoundland, bringing heavy rain and high winds. ANDREW VAUGHAN/THE CANADIAN PRESS

Newfoundland braces for Leslie

Tropical storm or hurricane? Memories of Igor motivating residents to prepare for the worst

Newfoundlanders who were hit hard by hurricane Igor two years ago were stocking up and hunkering down Monday for tropical storm Leslie.

Leslie isn't expected to be quite as ferocious as Igor, but will almost certainly churn ashore early Tuesday with its centre near the Burin Peninsula in southeast Newfoundland, said the Canadian Hurricane Centre.

Forecasters say Leslie will touch down as a hurricane or a strong tropical storm, depending on its wind speed.

Patricia Devine of Clarenville in southeastern Newfoundland was keeping a wary eye on the weather after Igor caused more than $25,000 in flood damage to her home on Sept. 21, 2010.

"All over this town trees were down, an awful lot of people got flooded basements. Oh, it was awful," she recalled.

Igor also killed one man on nearby Random Island as a surge of water swept out the road beneath him.

"I'll never forget it," Devine said. "In fact, I'm very nervous. I'm saying a lot of prayers."

She was among many residents who spent the day buying food, water and gasoline, checking sump pumps, preparing generators and making sure they had flashlights, batteries and emergency contact numbers at hand.

On the Port au Port Peninsula, which hangs off Newfoundland's west coast, about 40 millimetres of fast-falling rain Monday swelled streams that flow down hills along its southern coast. Water swamped parts of Route 460, the main highway, as provincial transportation officials advised that the peninsula was inaccessible with no alternate route. THE CANADIAN PRESS

High winds

Forecaster Bob Robichaud of the Canadian Hurricane Centre said the biggest concern is Leslie's sheer size.

- "We could see gusts up to 80 kilometres an hour even in the Cape Breton area," Robichaud said

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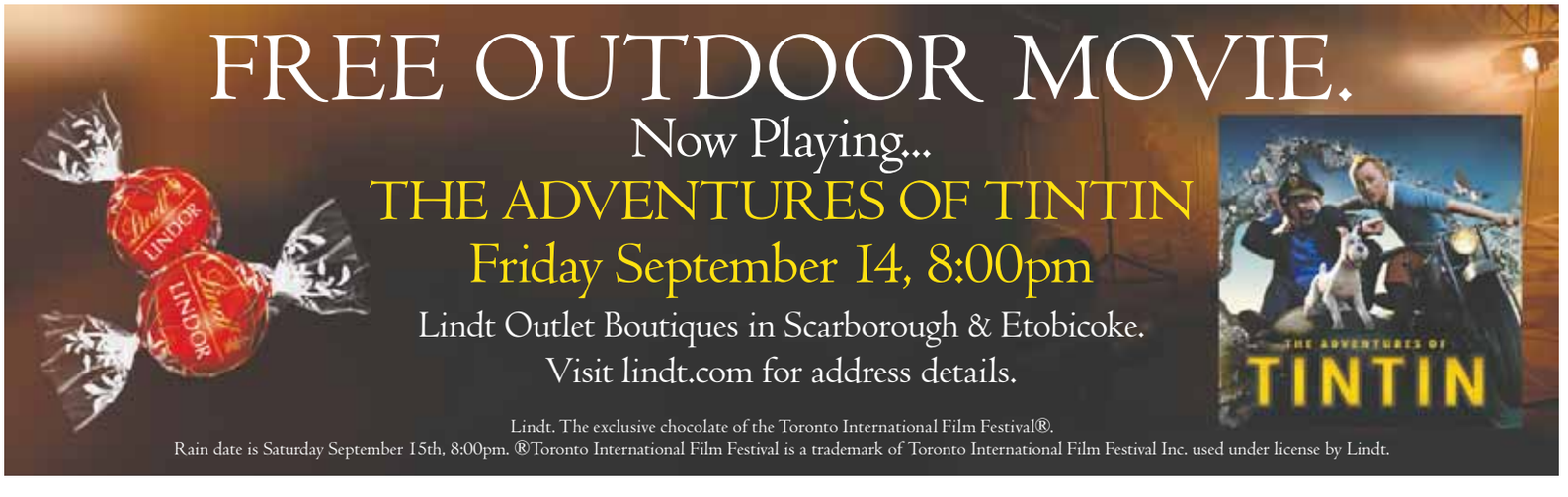
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Politics not welcome at Sept. 11 ceremony

Victims' families to speak instead. Rule intended to prevent campaigning during critical election year

For the first time, elected officials won't speak at Tuesday's ceremony commemorating the Sept. 11 attacks — an occasion that has allowed them a solemn turn in the spotlight. The change was made in the name of sidelining politics, but some have rapped it as a political move in itself.

It's a sign of the entrenched sensitivity of the politics of Sept. 11, even after a decade of commemorating the attacks that killed nearly 3,000 people. From the first anniversary in 2002, the date has been filled with questions about how — or even whether — to try to separate the Sept. 11 that is about personal loss from the 9-11 that reverberates through public life.

The answers are complicated for Debra Burlingame, whose brother Charles was the pilot of the hijacked plane that crashed into the Pentagon. She feels politicians' involvement can lend gravity to the remembrances, but she empathizes with the reasons for silencing officeholders this year.

"It is the one day, out of 365 days a year, where, when we invoke the term '9-11,' we mean the people who died and the events that happened," said Burlingame, who's on the board of the organization that announced the change in plans this year.

"So I think the idea that it's even controversial that politicians wouldn't be speaking is really rather remarkable."

But in July, the National Sept. 11 Memorial and Museum announced that this year's version would include only relatives of victims.

The point, memorial president Joe Daniels said, was "honouring the victims and their families in a way free of politics" in an election year. THE ASSOCIATED PRESS

Visitors attend the National September 11 Memorial. AP FILE PHOTO

Labour unrest spreading among South Africa's miners

Miners march to Lonmin Platinum Mine near Rustenburg, South Africa, on Monday in an attempt to stop operations. The wildcat strike by 15,000 workers is in its fourth week of stoppage at the world's third-largest platinum mine. Lonmin PLC said just six per cent of its 28,000 workers turned up Monday morning at its mine in Marikana, west of Johannesburg. Mine drivers drove around looking for workers to pick up, but the buses returned to the mine empty. THEMBA HADEBE/THE ASSOCIATED PRESS

Election in South Africa. Zuma defends his record while protests get violent

South African President Jacob Zuma said his government provides public services better than any other African country, defending his record Monday against mounting and often-violent protests as he gears up for a re-election bid.

But there is growing rage over failures to address poverty, massive unemployment and other problems.

Some of the anger is directed at Zuma as he campaigns to be re-elected as leader of the African National Congress in December. THE ASSOCIATED PRESS

South African President Jacob Zuma seeks re-election. GETTY IMAGES FILE

Prison handover

U.S., Afghanistan at odds over fate of terror suspects

President Hamid Karzai welcomed Monday's handover of the main American-run prison to Afghan forces as a victory for Afghan sovereignty, though he and U.S. officials remain locked in a dispute over the fate of hundreds of suspects.

The United States is withholding the transfer of scores of inmates, reportedly out of concern that Afghan authorities may simply let some dangerous detainees go. THE ASSOCIATED PRESS

Guantanamo Bay. Inmate dies while in disciplinary section after altercation

A prisoner has died at the U.S. Navy base in Guantanamo Bay, Cuba, the U.S. military said Monday, two days after the man was apparently found unconscious in his cell.

The prisoner, whose name and nationality were not released, was found by guards on Saturday and taken to a hospital, where he was declared dead "after extensive lifesaving measures had been performed," the U.S. military's Southern Command said.

He was the ninth prisoner to die at the facility since it was opened in January 2002. The military has said two of those deaths were by natural causes and six were declared suicides.

The death occurred in Camp 5, a section of the prison used mostly to hold prisoners who have broken detention centre rules, said a spokesman for the prison.

This prisoner had recently splashed a guard with what military officials call a "cocktail," typically a mixture of food and bodily fluids, which is why he was on discplinary status, the statement said. THE ASSOCIATED PRESS

Nuclear fears

Hiroshima group protests in Israel

A group of survivors from the Hiroshima atomic bomb attack in 1945 have held a protest in Jerusalem calling for the end of nuclear weapons.

The group visited Jerusalem's holy sites on Monday and held signs reading "Nuclear Abolition" in Japanese.

The visit comes amid growing tensions between Israel and Iran over the Islamic republic's nuclear program. Israel and much of the West believe Iran is seeking nuclear weapons, a charge that Tehran denies. THE ASSOCIATED PRESS

Violence erupts

Palestinians fed up with leaders

Palestinian demonstrators fed up with high prices and unpaid salaries shuttered shops, halted traffic with burning tires and clashed with riot police in demonstrations across the West Bank on Monday— the largest show of popular discontent with the Palestinian Authority in its 18-year existence.

The violence showed that the unrest, initially supported by Palestinian leaders in hopes of drawing international attention to the struggling economy, risks backfiring and morphing into a broader movement against the government.

The most heated clashes occurred in Hebron, where hundreds of protesters smashed the windows of a municipality building with rocks. Later, protesters tried to attack the police station, prompting a pitched rock-hurling battle between police and demonstrators. THE ASSOCIATED PRESS

China angered

Japan to buy disputed islands

Japan's government said Monday it has decided to purchase several disputed islands, prompting China to angrily warn of "serious consequences" if it proceeds with the plan.

Chief Cabinet Secretary Osamu Fujimura said Japan will buy the three uninhabited islands in the East China Sea from a private Japanese family it recognizes as the owner. China and Taiwan also claim the islands, which are part of what Japan calls the Senkakus and China the Diaoyu group and may have oil reserves nearby. THE ASSOCIATED PRESS

Margo Trushina photographs a fellow supporter at the Pussy Riot benefit in Russia Monday. AP PHOTO/MICHAEL SOHN

Officials fail to stop Pussy Riot benefit concert

Russian activists. About 1,000 fans gather to support jailed trio, four detained for alleged jaywalking offenses

A music festival to support jailed members of the Russian band Pussy Riot went forward despite official pressure to cancel it, organizers said Monday.

Olga Kurnosova said city officials had tried to force her to stop Sunday's show in St. Petersburg — President Vladimir Putin's hometown — and firefighters had threatened to close down the Glavklub hall, claiming safety violations ahead of the concert.

About 1,000 people attended the Free Pussy Riot Fest headlined by the Russian rock protest bands DDT and Televizor, whose songs have long riled Soviet authorities and Putin's Kremlin.

Last month three members of Pussy Riot were sentenced to two years in jail for a "punk prayer" against Putin in Russia's largest cathedral in a trial that provoked an international outcry.

Several younger rock bands and rappers voiced their support for Pussy Riot from the stage Sunday, and some spectators were wearing balaclavas — the feminist band's trademark headwear.

Dozens of riot policemen surrounded the festival venue and detained four people afterward for alleged jaywalking, Russian media reported.

Proceeds from the show will be donated to Pussy Riot and other activists in jail under Putin, organizers said. THE ASSOCIATED PRESS

New Jersey

Trenton mayor in deep trouble

U.S. federal agents have arrested the mayor of Trenton N.J. Mayor Tony Mack, his brother Ralphiel and sex offender Joseph Giorgianni are all accused of extortion. THE ASSOCIATED PRESS

Fear of commitment?

Church accused of discrimination

A gay couple has sued the Roman Catholic Diocese of Worcester, Mass., for allegedly refusing to sell them a mansion because of fear they would host gay weddings at the site. THE ASSOCIATED PRESS

Katyn massacre. Files indicate Roosevelt aided Soviets in huge coverup

Two American POWs sent secret coded messages to Washington with news of a Soviet atrocity. In 1943 they saw rows of corpses in an advanced state of decay in the Katyn forest, on the western edge of Russia, proof that the killers could not have been the Nazis who had only recently occupied the area.

The testimony about the massacre of Polish officers might have lessened the tragic fate that befell Poland under the Soviets, some scholars believe. Instead, it vanished into the heart of American government. The long-held suspicion is that President Franklin Delano Roosevelt didn't want to anger Josef Stalin, an ally whom the Americans were counting on to defeat Germany and Japan during World War II.

Documents released Monday lend weight to the belief that suppression within the highest levels of the U.S. government helped cover up Soviet guilt in the killing of some 22,000 Polish officers in 1940.

The most dramatic revelation so far is the evidence of the secret codes sent by the two American POWs — which adds to evidence that the Roosevelt administration knew of the Soviet atrocity early on. THE ASSOCIATED PRESS

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Indian police escort political cartoonist Aseem Trivedi to a court in Mumbai on Monday. Trivedi, whose drawings mock Indian government corruption, has been jailed on a sedition charge. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Politicians not amused by cartoonist's drawing

Sedition. Defiant Trivedi charged under colonial-era law once used against Gandhi

A political cartoonist whose drawings mock Indian government corruption has been jailed in a sedition investigation that was widely condemned Monday as evidence of political leaders' growing intolerance of criticism.

A defiant Aseem Trivedi refused bail at a hearing Monday in Mumbai, saying he would remain in jail until the sedition charges against him were lifted. The court extended his stay in police custody from one week to two.

He was arrested Sunday after a political activist complained Trivedi's cartoons were "insulting" to the country. Trivedi's cartoons lampooning widespread corruption among Indian politicians were displayed at a Mumbai protest in December.

The complaint to police cited one of those drawings that showed the four lions that form India's national symbol replaced by four wolves and the national slogan "truth shall prevail" replaced by "corruption shall prevail."

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Diners in Finland feast at 'pop-down' restaurant in mine

New spin on pop-up dining. Underground restaurant fully booked until experiment ends later this month

Customers have dinner at the Muru 'pop-down' restaurant at Tytyri mine in Lohja, Finland, on Monday. ANTTI AIMO-KOIVISTO/THE ASSOCIATED PRESS

An award-winning chef is opening a new restaurant in Finland that turns the idea of "pop-up" eateries upside-down: It's located 80 metres underground.

Discerning food lovers are being served salted salmon, veal tenderloin, snails cooked in Pernod and apple crumble in the "pop-down" restaurant in a limestone mine in the small, southern town of Lohja.

A four-course evening meal costs 128 euros ($160 US), including drinks and transportation down to the mine and back up.

In major cities around the world "pop-up" restaurants — temporary eateries often located in underused kitchens — are allowing young chefs with experience to experiment without the risk of bankruptcy.

But Finnish chef Timo Linnamaki said the idea of preparing food down a mine was all part of being close to the earth.

"'Pop-down' is such a unique idea that I just had to do it," Linnamaki said. "It's great working down here because you are totally cut off from the world, so nothing distracts from the cooking."

The 115-year-old mine goes down to a depth of 380 metres where limestone is still mined, mainly for the chemical industry. THE ASSOCIATED PRESS

On demand

BCE to take on Netflix in Canada

BCE will launch a "made-in-Canada" competitor to Netflix, available in English and French, CEO George Cope said Monday as part of his pitch to broadcast regulators considering the company's $3.4-billion takeover of Astral Media.

The service would be available on demand and on any device, and showcase Canadian and international movies from Astral's pay TV services, such as HBO Canada, as well as news, sports and entertainment from Bell Media. THE CANADIAN PRESS

Market Minute

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French tycoon's move rattles plan to tax rich

Tax evasion? Europe's richest man applies for citizenship in Belgium after France's Socialist government plans to tax the super-rich

Bernard Arnault — the richest man in Europe — has ignited an uproar in France over taxes, citizenship, patriotism and what policies the government needs to promote growth.

Arnault — the CEO of French fashion giant LVMH, owner of houses like Louis Vuitton and Christian Dior — is the symbol of France's treasured luxury fashion industry.

So when the face of "Made in France" confirmed Sunday that he had applied for dual citizenship in Belgium it struck a deep chord in France's national pride.

Despite his protests, many thought it was an attempt to dodge the new Socialist government's planned 75 per cent tax on the country's wealthiest.

One French paper's front-page headline called him a "rich jerk" on Monday and French President Francois Hollande questioned Arnault's patriotism.

But the debacle highlighted a very French contradiction: A country that prides itself on producing exorbitantly priced luxury fashion has tax policies that target the very people rich enough to buy French goods.

Arnault's application to Belgium comes as Hollande prepares to roll out a 75 per cent tax on those that earn more than one million euro ($1.28 million) a year — although it was hinted the plan could be watered down.

THE ASSOCIATED PRESS

Quoted

"This will spread like wildfire. And all over the planet they'll say that France is the country that doesn't like success."

Francois Fillon, France's former Conservative prime minister, directly blaming the Socialist government's tax policy.

In numbers

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LIKE MOTHER, LIKE DAUGHTER WHETHER YOU LIKE IT OR NOT

SHE SAYS...
Jessica Napier
metronews.ca

I inherited a number of things from my mother: Blue eyes, receding gums, easily tanned skin and an appetite for early-morning cocktails. But while many of my genetic legacies are unavoidable, I've begun to notice that I'm instinctually — although perhaps not knowingly — adopting more and more of her mannerisms. As I get older, I'm starting to look and act like a new, 2.0 version of my mother.

Earlier this year, Hallmark Cards UK conducted a survey that found women believe they truly turn into their mothers at age 32. And sure, a study performed by a greeting card company might not be the most scientific poll of all time, but it seems pretty reasonable that the transition would happen around this age. For many women, our early 30s are a prime time for child bearing, rearing and realizing that maybe we should start using night cream.

Similar shopping standards

"We're no Lorelai and Rory Gilmore, but our tastes and habits are increasingly aligning. We drink the same wine, use the same shampoo, and, last month, we unknowingly went shopping on the same day and purchased identical suitcases for a family trip."

I've still got a few years until I hit that magical number. At that time, or more likely when I have children of my own, I assume the metamorphosis from my former self into mom will accelerate in Kafka-like proportions.

Unlike some people, I'm not one to make sweeping declarations about "NEVER turning into my mother." My mother has always been someone I have admired, so turning into her would hardly be a bad thing. However, I didn't quite realize how involuntary the transition would be.

We're no Lorelai and Rory Gilmore, but our tastes and habits are increasingly aligning. We drink the same wine, use the same shampoo, and, last month, we unknowingly went shopping on the same day and purchased identical suitcases for a family trip.

I hear her voice inside my head every time I philosophize about the importance of dressing in layers or tell my boyfriend to actually look in the fridge before asking me if we have any milk left.

I see it not only in myself, but in my friends as well. Kelly is turning into Kathy and Jen is turning into Janet and other Jen is turning into Jo Ann (yes these are real alliteration-loving mother/daughter combos). Of course, none of us are carbon copies of our mothers; we're more like fun-house mirror reflections.

My mother and I will always have our differences — she will always know more about stain removal than I care to learn and I will always have to help fix her Facebook privacy settings — but slowly we are meeting in the middle.

Sharon Osbourne and her daughter, Kelly, arrive at an Elton John AIDS Foundation Oscar Party held at Pacific Design Center in West Hollywood, Calif. in this file photo. FREDERICK M. BROWN/GETTY IMAGES

Om, that's a really old teacher

MICHELLE SIU/THE CANADIAN PRESS

Instructing yoga at 96

Canadian woman holds Guinness World Record

Ida Herbert, the 96-year-old yoga instructor who has been named the world's oldest living yoga teacher by Guinness World Records, poses for a photo in Toronto. She has been practising the ancient discipline since the late 1940s — well before it was a trend in Western society.

THE CANADIAN PRESS

Practises everyday

"I wouldn't be without it. If I do my sun salutations, and I do two or three of those in the morning, I feel so much better. I go into the kitchen and get my breakfast and I don't give a hoot." Ida Herbert

Early-hour yogi

Yoga credited for her good health

Herbert attributes her good health and generally happy attitude largely to her years of practising yoga.

She rises at 5:30 a.m. to perform her poses and says her day isn't quite the same if she forgoes her routine.

Herbert got started practising yoga when she was at a health club in Toronto. One of the women who worked there taught her the poses — and she was hooked. THE CANADIAN PRESS

Teaching others the way

- Herbert helps other women find peacefulness. She retired last year from teaching at the YMCA in Orillia, Ont., after 25 years.
- She now teaches in the Bayshore Village area, near Orillia, with classes that range from five or six up to about 17 people per class.
- Her students tend to be women ranging in age from their 50s up to their 80s.

And why she stuck with it

"It's made me physically very flexible, and inside, it's made me look at circumstances in a peaceful way ... Things won't make me quite so angry as they used to."
Ida Herbert

Metropolitan Panel

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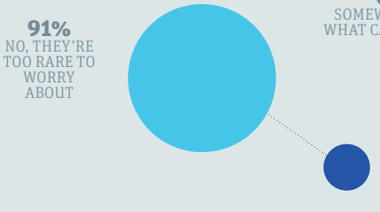

Twitter

@JordanMedeiros4: missing the #TIFF festival. wish i could go down there everyday!

@dobbernation: yorkville ave closed off as condo glass is falling from the sky. can't get to my restaurant review. #toronto you should be ashamed! #safety

@topherkwong: Darn you, Daniel Radcliffe, for being the same size as me. How am I supposed to buy myself a suit when there are none left? #TIFF

@JuveMarco10: How to acquire a top line center with Brian Burke #NHLSchool

@torontomario: Also why are isp's even allowed to own cable stations seems like a conflict of interest #CRTC

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SCENE 2

What makes a family?

The New Normal. Silly sitcom tackles some touchy topics — here Metro chats with its creator about some of the controversy

AMBER RAY
Metro World News in New York

The New Normal is a goofy, sweet sitcom that questions what "family" means today. The show, which deals with surrogate mothers, gay parents and a big-mouthed grandma who rivals Archie Bunker, has been met with some opposition south of the border.

The conservative group One Million Moms announced a boycott of the show and a ban from a Utah TV station. Here, creator Ryan Murphy addresses some of what has ruffled a few feathers.

Cast a (gasp!) Real Housewife in a scripted role

Murphy, a huge fan of the Real Housewives franchise, first cast NeNe Leakes on one of his other shows, Glee.

"We were in the writers' room of Glee, and we were writing a nemesis for Jane Lynch, and I said, 'You know what we need? We need somebody like this.' And I had seen NeNe on Housewives, and I had also seen her take down Star Jones on Celebrity Apprentice. So we had watched that scene, and I said, 'Wow. I don't even know if NeNe wants to act, but we should talk to her and offer her this part,' which was Roz, that she did so well."

Murphy approached Leakes for the role of Rocky because "she's just hilarious," he adds.

Feature a close-minded, no-filter grandma

Nana Jane is a throwback to Archie Bunker — she says shocking, politically incorrect things and isn't bothered if she offends someone. "(The New Normal) in many ways is about tolerance, and I think it's about a discussion of tolerance," Murphy says.

"When I was growing up, one of the most memorable times that I would have with my parents was watching All in the Family and being young and hearing people talk that way and then having a discussion: 'Was that good? Was that bad? What was that?' I think people will talk about some things that the (New Normal) characters say, obviously, but I think that's a good thing."

Call 'unconventional' families 'normal'

There is no traditional nuclear family in The New Normal, and Murphy credits shows like Modern Family and Will & Grace, which both featured gay characters in committed relationships, for paving the way for his show to reach the air. "So many people watched those shows and are educated. Those shows changed views," he says.

And while The New Normal is loosely based on Murphy's own life — "the show came about because my partner and I have been having conversations about surrogacy," he says — the sitcom also delves into every character reexamining his or her life and asking, "What's next?"

"We talked about what it was like to be a single mother with a young daughter, what is it like to be a woman in your 50s who is completely starting over and dating again," Murphy says of Goldie and Jane.

The controversy metre

- 'Challenge' the idea of conventional family
- No-filter grandma
- Real Housewife actress

The plot

Single mom Goldie (Georgia King) moves to L.A. with her eight-year-old daughter (Bebe Wood) for a better life. There, Goldie becomes the surrogate for a gay couple, Bryan (Andrew Rannells) and David (Justin Bartha), who want to have a baby. Ellen Barkin stars as Goldie's outspoken, prejudiced grandmother, Jane, and NeNe Leakes plays Bryan's assistant, Rocky.

- **Air times.** The pilot episode of The New Normal aired last night on CTV. Another episode of the show airs tonight.

On the web

George Michael makes pop history at Paris Opera concert.

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From gory zombie kills to catwalk thrills

Milla Jovovich.
Resident Evil star gets ready for the world's fashion weeks

NED EHRBAR
Metro World News in Hollywood

Milla Jovovich is a fixture at many of the fashion weeks. GETTY IMAGES

She may have a film, Resident Evil: Retribution, coming out this Friday, but Milla Jovovich has a little more than press junkets and promotional tours on her mind. September also marks the start of the Fashion Weeks season in various cities — New York, Milan, Paris, Toronto — and the star has been a front row fixture at many in the past

Anything in particular you're looking forward to at the various Fashion Weeks?
I am super-looking forward to going to Paris to see Hedi Slimane's new Yves Saint Laurent show. It's going to be super-exciting because I love Hedi and he's amazing. I mean, to think that he's designing for Yves Saint Laurent is pretty exciting. It's his first show, so I'm excited to see that.

And you'll be right in the front row?
Listen, I'd be in the standing row, I don't care. I've been in the standing row before. You know, I don't get caught up in front row stuff unless it's, like, important for the designer. But if I want to go see a show and relate or whatever, I'll just go and stand. I don't care. It's not like people are going to be like, "Oh! Milla wasn't allowed in the front row. I guess she's not hot." It's all good, I'm confident. I'm 36 and I'm still relevant, so I can stand. I'm not that insecure (laughs).

DVD reviews

What to Expect When You're Expecting

Director. Kirk Jones

Stars. Cameron Diaz, Matthew Morrison, J. Todd Smith

What to Expect When You're Expecting, based on the self-help book of the same name, gives us a look at five couples who aren't too sure what to make of the fact that they're in the family way. Director Kirk Jones (Nanny McPhee) loads his film with star power, with moms-to-be played by Anna Kendrick, Cameron Diaz, Elizabeth Banks, Brooklyn Decker and Jennifer Lopez. Their characters range in ages, incomes, circumstances and commitment to the whole blessed event. Chris Rock and Tom Lennon provide comic relief as the most wisecracking members of a "dudes group" of stroller-pushing dads. They help keep things from getting too saccharine. None of these couples are sure about what to expect, allowing the script by Shauna Cross and Heather Hatch to deliver a few surprises along with laughter and tears.

PETER HOWELL

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Metro at tiff

Robert Redford says he's tried to focus on the grey areas of issues throughout his career in film. GETTY IMAGES

Robert Redford, in the grey zone

The Company You Keep. Film about exposing a former member of the Weather Underground isn't black and white

NED EHRBAR
Metro World News in Hollywood

Robert Redford's latest work as an actor and a director, The Company You Keep, finds him playing a seemingly harmless attorney exposed as a fugitive member of the 1960s radical group the Weather Underground thanks to an overeager young reporter played by Shia LaBeouf. Metro sat down with Redford at the 2012 Toronto International Film Festival, where he had this to say.

On waiting until now to tackle the Weather Underground:
I was just fascinated by that history, that part of American history at the time. Any time during the 1970s, I don't think it would've been the time to do it because I think when that movement was finished, it left a lot of hard feelings in the country. I was not so much interested in making a film about that time, because we've had enough films made about that time. We've had documentaries and so forth. I was interested in those people 30 years later and what were their lives like in between. What happened to them in between?

On making the literary connection he's always wanted to make:
"I was very taken with the story of Les Miserables. As a child, I was very taken with that story, and I think some part of me, at some point, I wanted to apply that story in my own work, and this was the chance.

Exclusively online
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- **Party updates.** Wondering what celebs were in town this weekend, and where they partied? Visit metronews.ca/tiff for Notable.ca's Julian Brass' nightly updates.

On casting Shia LaBeouf:
Why Shia? Because Shia had two things that I thought were vital to the character. He's got a very, very quick mind, Shia. As a human being, he's got a very, very quick, fast mind. And he's got a fast tongue. So his mouth and his mind are very close together. So therefore, it's just an exceptional energy he's got, a mental energy, that I thought was really good for the character.

On not keeping things simple:
What interested me about this film was the grey zone. Because my country's pretty much about things being black and white. Things are reduced to simple equations, and I've never seen it that simple. I think my country has a lot of grey area, and I've been focused on that in the films that I've made in my time.

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TIFF's true stars: Cheers for the volunteers!

JULIAN BRASS
notable.ca
tiff@metronews.ca

TIFF would not be possible without the involvement of hundreds of volunteers. As a charitable, cultural organization (yes, TIFF is a charity), it relies on government funding, countless sponsors and, most importantly, all the volunteers. This year, 2,300 volunteers were required to properly execute our city's world-class film festival. TIFF takes months and months of preparation, and logistics to coordinate across 10 theatre venues and 11 departments. So what are the rules and roles of a TIFF volunteer? You must sign up for a minimum of four shifts, don an impossible-to-miss bright orange volunteer shirt and abide by all the TIFF rules of conduct — which means no talking to the press, movie stars, or industry.

JULIAN BRASS, FOUNDER OF NOTABLE.CA, WILL BE IN THE MIDST OFF ALL THE STAR ACTION DURING THE TORONTO INTERNATIONAL FILM FESTIVAL. BE SURE TO CHECK OUT HIS DAILY UPDATES AT METRONEWS.CA/TIFF

United they stand: TIFF's volunteers stay tough as a team. JASON MERRITT/GETTY IMAGES

Want to join in on the fun?

Thinking of becoming a volunteer? Film-loving TIFF volunteers are in the know and get to be in the middle of all the action, in addition to a string of other benefits. Among some are:

- Professional advancement through the connections made and being able to have the TIFF name stand out on a resumé.
- For every eight hours worked, volunteers receive one (two if you happen to be a captain) reward vouchers. The vouchers are redeemable for a movie screening or toward a discount on TIFF membership or merchandise. We are told this works out to a $20.00 ticket value.
- Once you have signed up for four shifts, each volunteer receives a loot bag, which includes the volunteer T-shirt and a TIFF walking map as well as other goodies like soft drinks, Audi sponsored breath mints, a magazine, a freezer-friendly lunch container and an assortment of coupons. All clearly essential!
- There is a Post-TIFF volunteer party held on the last day of the festival, with the location kept secret until tickets are received.
- Returning volunteers are invited to a free movie three weeks before the festival starts that is kept secret until it screens. This year's film was On the Road.

How do you become a TIFF volunteer? Applicants must fill out an online application and will then receive an acceptance email. Once this happens, they may log onto the Volunteer Hub and set up a profile. Then there is the training, which took place over this weekend on September 2.

On the scene

The stars get to take it all in

Seeing a world premiere at the Toronto International Film Festival can be a unique and often surprising experience — even for the actors in the movie.

Almost Famous actor Patrick Fugit has a small role in the new Gwyneth Paltrow-Mark Ruffalo dramedy Thanks for Sharing, and says he was blown away when he saw the film for the first time over the weekend at the Ryerson Theatre.

"I was all focused on my (parts) and I just came in and shot that and that's all I knew about," the 29-year-old said in an interview.

"I was really, as a viewer, able to invest in everything — in the story in the characters in the story, in what was happening. And the payoffs at the end, I mean they meant a lot to me."

THE CANADIAN PRESS

Correction

- In the weekend edition of Metro, the wrong product image appeared with the Indeed Laboratories Eysilix write-up that was part of the Suite Life of TIFF story. Metro apologizes for the error.

Keeping Keira on her toes

Metro sat down with Anna Karenina star Keira Knightley to talk about re-teaming with director Joe Wright and the perils of women's fashion. But first, we asked her if she'd have this dance. See the video at metronews.ca/tiff.

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Debut film earns director Rola Nashef award at TIFF

Rola Nashef. GETTY IMAGES

Grolsch Film Works Discovery Award.
Honour recognizes a filmmaker's exceptional journey

NED EHRBAR
Metro World News in Hollywood

Filmmaker Rola Nashef took home the inaugural Grolsch Film Works Discovery Award for her debut feature, Detroit Unleaded. The film follows a young Arab-American forced to put his plans on hold to take over the family gas station after his father dies. As the first winner of the award, Nashef also takes home $10,000 toward her next project.

How was the ceremony?
It's amazing to be recognized by TIFF with my first feature film. But to be recognized in this way — the actual journey that it took to get it up on that screen — is a whole different thing. It feels really good. And it's the first time they're giving the award, so that felt special.

What are you going to do with the prize money?
This is really going to allow me to focus and go right into development on my next script. It was a privilege for me to make my first film, and now you have to work just as hard to make your second film. So I'm ready to hit the ground running.

What are the discussions that the film has encouraged?
People talk about the relationship between the Arab and the African-American community and how it's played out through the glass. To me, that was always an inspiration. It's this metaphor — there's a tangible barrier between you. It also serves as a lens for the Arab clerk behind that glass because that glass instantly criminalizes people. It's physically there to protect you, the Arab store clerk, from the other. Whoever is standing on the other side is the other, and regardless of their intentions, it's there to protect you from them. To me, it felt like that had to change your perspective on how you see the world.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A sneaky wedding for Reynolds and Lively

THE WORD
Monica Weymouth
scene@metronews.ca

Usually, people as famous as Ryan Reynolds and Blake Lively can't go grocery shopping without us snooping around their carts. But somehow, the impossibly pretty couple planned and executed an entire wedding over the weekend without us so much as getting a whiff of cake. (Our guess: They killed off the rare caterer who wasn't hypnotized by their sparkling eyes.)

On Sunday, Reynolds, 35, and Lively, 25, tied the knot just outside of Charleston, S.C. A number of details have finally trickled in — the Reynolds trance doesn't last forever — and it seems they had the kind of understated wedding that really works best when you're overly wealthy: A simple white gown (by Chanel), an outdoor reception (at an antebellum plantation) and music by close friends (Bette Midler and Florence Welsh of Florence + The Machine).

It's the second time down the aisle for Reynolds — who divorced Scarlett Johansson in 2010 after two years of marriage — and the first for Lively, who, not to be outdone, briefly dated Leonardo DiCaprio last fall.

Now, we're usually a pretty cynical bunch over here, but we think these two have a real chance. Until those Beckham kids grow up, it's impossible they'll find someone with more perfect bone structure.

Liberty Ross

Liberty walks it off

Liberty Ross, who has been estranged from husband Rupert Sanders since news of his affair with Kristen Stewart came to light, made her first public appearance over the weekend by walking the catwalk at Alexander Wang's New York Fashion Week show. And it was no easy feat for the model and mother of two. "I was totally terrified," Ross tells the Cut. "I hadn't actually been out of my house for seven weeks so I was really anxious. But it felt amazing."

'We're going to be fine': Stewart on soured relationship

Kristen Stewart will be side-by-side with estranged boyfriend Robert Pattinson to promote the final Twilight film soon, and she swears she isn't stressing out about it. "We're going to be fine. We're going to be totally fine," she tells the Associated Press. We certainly hope they will be, as the studio behind the film is reportedly planning to break records for the largest Hollywood premiere in history for the film's November release.

Kristen Stewart

Twitter

@kirstiealley
Oh my God!!! All my old drafts just unloaded..so sorry..and some I never wrote..have I been hacked?!

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@SethMacFarlane
A good rule of thumb is to never be in Liam Neeson's movie family.

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See dumps turn into dream homes with a little magic from Drew and Jonathan.

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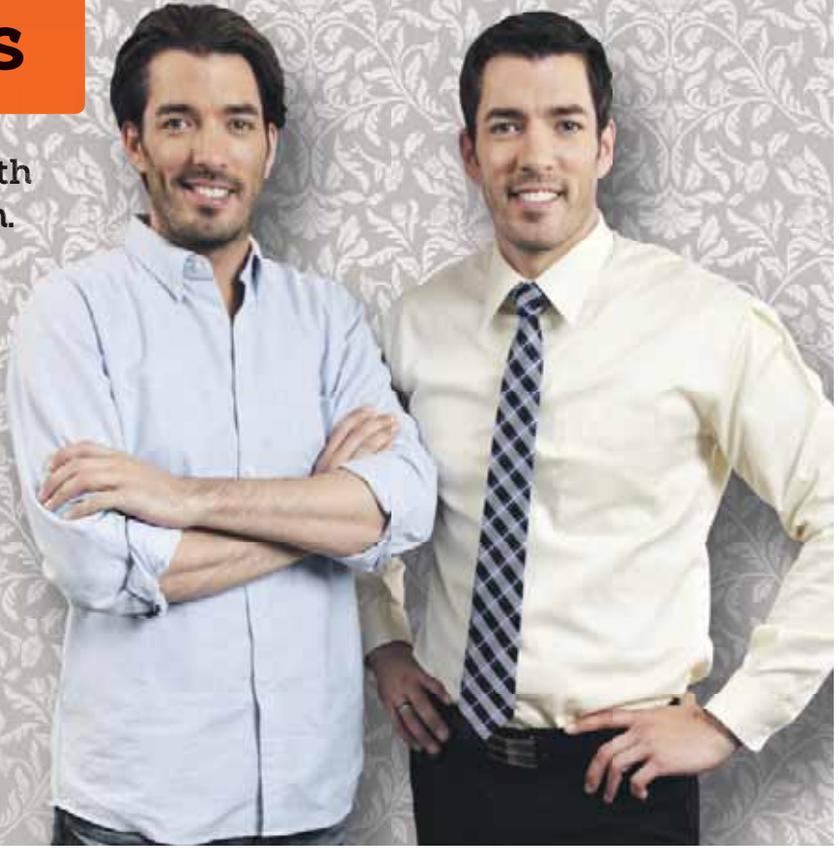


W NETWORK

Are you punk? Hippie? Goth? How your hair will define you

Beauty. Punk=rebel, dreads=hippie, tight bun=uptight. Does our hair define who we are? Experts discuss with Metro

ROMINA McGUINNESS
romina.mcguinness@metro.lu

When former Disney star Miley Cyrus chopped off her locks last month in favour of a shorter, grungier 'do, she tweeted: "I've never felt more 'me' in my whole life." This led us to wonder, can our hair shape who we are? Here are five ways in which it can.

It adds to your aura. Just ask a guy.

"Many of us believe our figure is the physical feature that defines us. In reality, anything from the neck up is what people see first and remember most," explains beauty psychologist Vivian Diller. "We have a reaction to someone within the first seven seconds of meeting them. As our mind processes what we see, that person's hair becomes a non-verbal expression of health."

Good-bad hair days influence your day-to-day mood swings

"Your body shape can take years to change. Your facial structure is more or less as it is and although you can play around with cosmetics to highlight different things, there's not a whole lot you can do. Hair on the other hand, is one of the few things that's easy to change," Art Markman, professor of psychology at the University of Texas, tells Metro. "You exert this tremendous amount of control over it and in a very short period of time, you can completely change your look."

The changeable nature of hair and its versatility explains how it can influence our mood, he adds.

"Every morning you wake up, look in the mirror and face yourself. At this moment, you have this instant sense of what kind of day you're having, just on the basis of your hair. If you feel like your hair is one big lump and that you'd love to be able to shave it off and burn it, you end up feeling like this tangled mass of hair."

It's a cheap way of making a statement

Feel like dip dying the tips of your hair pink? All you need is a DIY dye kit.

"We have a limited number of ways in which we can project ourselves to the world. Cutting or styling our hair a certain way is both a dramatic thing we can do and relatively speaking, an inexpensive one," explains Markman. "You can try and make a statement by changing the way you dress but revamping your wardrobe isn't cheap. A high-end haircut is always going to be cheaper than redoing your wardrobe," he points out.

It's an enabler of change (you can believe in)

Your hair can influence how people perceive you, but it can also change your perception of yourself. Diller calls this the feedback loop.

"Change doesn't have to come from the inside. When you look in the mirror, what it is you see feeds back information about who you are and how you feel about yourself. If you have this fantasy of being a completely different you, then changing your hair can enable this change, because ultimately, you are changing what you see. If a haircut makes you look bolder or younger, that's how you will eventually feel. Only then do you need to change how you feel inside, in order to match what you — and others — see."

It allows you to exert control over your life

So many aspects of your appearance are out of your control.

"You wake up in the morning with a huge pimple on your face. You didn't choose to wake up to spotty skin but you have to deal with it. But your hair — that's more or less under your control," says Markman. "You can walk into a stylist and say, 'cut it.'"

According to Markman, the value of our hair rests on the basis that we all need a few things in our life that are 100 per cent ours.

"So many things in our lives are out of our control. We're constantly trying to manage all the forces that are working against us. But no one can tell you what to do with your hair. It belongs to nobody but you.

"This explains why times when people make significant changes in their hair often reflect a situation where the rest of their life felt out of their control, such as a messy divorce or a shift in career. It can also be that after a long period of time where they have let themselves go, they are once again seizing control."

Remember: you can always change what it is you see in the mirror.

Top three influential haircuts

1 David Beckham's...

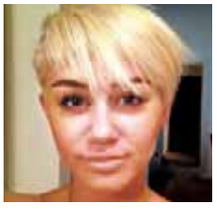
...Mohican proved macho men too, could go wild with their hair.

2 Emma Watson's...

...pixie cut has become the most influential celebrity do, beating Jennifer Aniston's Rachel.

3 Miley Cyrus'...

...cropped and blonde '80s style cut shows that you can be both pretty and punk.



On the Web

Taking a 'drug holiday' can cut side effects for some prostate cancer patients

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How to deal with an anniversary of your loss

Coping with grief. Waves of intense emotions are common and there are ways you can prepare for and recover from them

CELIA MILNE
life@metronews.ca

Visitors and tourists are photographing roses that were left at the September 11 Memorial. ISTOCK IMAGES

Unhappy anniversary. How do you deal with a date signifying loss?

Whether it's a day of collective grieving such as 9-11 or another day of loss, many people have tough anniversaries on the calendar.

Metro spoke to Toronto psychologist Dr. Kimberly Watson about how to deal with days that mark a disaster, a war, the death of a loved one, a bad diagnosis, an injury, a relationship loss, or a miscarriage.

"Grief has been described to me like coming in waves," says Watson. "With time, the waves come less frequently and less intensely."

Anniversaries may bring back waves of intensified grief.

"People might worry they are not 'over' their grief as much as they had thought. What they may come to understand is that these periodic increases in grief, in response to reminders such as anniversary dates, are a normal part of the process of recovering from loss."

Reactions to an unhappy anniversary might include sadness, sleep disturbance, anger, irritability, dreams, loss of appetite, headaches, and preoccupation with thoughts and memories of the events surrounding the loss.

How do you cope? Watson recommends making a plan to get through the day. Honour the loss and feel your feelings.

"It is normal to feel increased distress. It is also normal to smile or laugh. Allow all of it," she says.

Tips

Here are some of Dr. Watson's tips on marking a day of loss:

- **Tip #1.** Light a candle in honour of the loss.
- **Tip #2.** Gather with friends and family.

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50 SHADES OF RELATIONSHIPS

THERE ARE MANY LESSONS TO BE LEARNED FOR POST-SECONDARY STUDENTS

ISTOCKPHOTO/THINKSTOCK

Living in a new city. The availability of alcohol. Managing life's responsibilities such as cooking and laundry solo.

Those are some of the expected challenges students are working with when starting college or university. But for almost all them, developing relationships and sexuality is another, possibly tougher, lesson to learn about in their post-secondary years.

"The overarching challenge is navigating all kinds of new relationships, which are formed quickly and in an entirely new environment," says Robin R. Milhausen, associate professor with the University of Guelph's Department of Family Relations and Applied Nutrition. "So negotiating: What does dating look like? What do relationships look like? It's figuring it all out in an entirely new setting."

SEXUAL BOUNDARIES

And in a year where the erotic novel Fifty Shades of Grey is everywhere, boundary setting is clearly important in developing these new sexual relationships. "People have sex for countless reasons, including pleasure, popularity, coping, pleasing a partner, and the list goes on," says Alice Balter, a Toronto-based sexual health educator. "It's important to explore what our personal sexual boundaries and limits are, especially within the context of a new-found freedom such as living away from home for the first time. Exploring our sexuality warrants thoughtful navigation for students to stay within their personal boundaries and limits."

ADD IN ALCOHOL

And while universities and post-secondary institutions are working on eliminating or minimizing alcohol — particularly in frosh week events (Nova Scotia's Acadia University made headlines last week for banning alcohol in dorm rooms) — when it is available, alcohol also often ignites new sexual experiences. "Individuals should be wary that sexual relationships can develop really quickly under the influence of alcohol. And then there are the emotional concerns and heartbreak with that, but also legal issues regarding sexual encounters with someone under the influence of alcohol or drugs," notes Milhausen.

PLAY IT SAFE

So how can students navigate this exciting time in their lives from a sexual standpoint? Aside from practising safe sex by using protection, go with your instincts. "If something about a situation seems off to you, if something about a person or an invitation or request seems off, then trust your gut in deciding," suggests Milhausen.

Also — rest assured parents — Milhausen also notes that while many students let off steam early in the year, things do get better. "Most students tend to go a little wild at the outset — most of them also tend to right themselves before things go too far," she says.

– Astrid Van Den Broek

NAVIGATE YOUR SEX LIFE IN SAFE, FUN WAY

While campuses often offer free protection by way of condoms, there are services of other sorts available notes Alice Balter, a Toronto-based sexual health educator.

"It's important to know the resources your campus offers such as counselling services or clubs and/or associations such as lesbian/gay/bisexual/transgender (LGBT) groups that you can get involved in," she says. "The more information you have about sexual health risks such as the influence of alcohol or sexual assault, and the positive aspects of sexuality such as intimacy and pleasure, the better you'll be equipped you'll be to navigate your sexual lives in a safe and fun way."

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Passez le message pas le virus

SAFE SEX IS THE BEST SEX

Unprotected sexual encounters can lead to sexually transmitted infections (STIs) such as:

CHLAMYDIA: A bacterially transmitted infection that shows virtually no symptoms. If symptoms develop, they can include discharge, burning while urinating, abdominal pain or pain during intercourse (or for men, testicle pain). A urine test can diagnose chlamydia.

GENITAL HERPES: Symptoms include sores around the genital area as well as painful lumps. Medication can help the symptoms, but there is no cure.

HUMAN PAPILLOMAVIRUS (HPV): Warning signs include warts that are flat or cauliflower-shaped. There are several variations of HPV and while some lead to warts, others can lead to cancer. Preventative vaccines such as Gardasil are available for women and men while Cervarix is an option for women only.

SYPHILIS: This bacterial infection is sexually transmitted and manifests itself in symptoms such as an open sore in the genitals or throat along with — possibly — swollen glands, muscle pain, rash and fever. Syphillis is treated with antibiotics including penicillin.

BANANASTOCK/THINKSTOCK

HIV/AIDS: Sexual contact (along with sharing of needles or for women, through pregnancy and breastfeeding) is how HIV is spread and attacks the body's immune system. From a sexual standpoint, latex or polyurethane condoms or a female condom are the best prevention methods. While there is no cure for HIV, antiretrovirals can be prescribed to help prolong the life of those with HIV/AIDS.

GONORRHOEA: This bacterial infection shows itself via burning while urinating, pain or swelling in the testicals and a yellow/white discharge in men. In women, it may not show at all, although if symptoms do develop they, too, include burning during urination and a yellow discharge. While antibiotics are available to treat this STI, there is an increase in Canada in the strains resistant to antibiotic treatment.

LYMPHOGRANULOMA VENEREUM (LGV): Another bacterial infection, this, too, develops symptoms such as a lump (which can be painless) and later flu-like symptoms such as fever, chills, fatigue and muscle aches. The lymph nodes in the area where infection began may also swell. Antibiotics are prescribed as treatment.

GET REGULAR TESTS

How can you prevent STIs? "Wear condoms," says Robin R. Milhausen, associate professor with the University of Guelph's Department of Family Relations and Applied Nutrition. Milhausen also notes regular testing is the second best prevention method. "And if you're sexually active, you should get tested for bacterial STIs every six to 12 months," she says. "Because if you happen to be infected, treatment can prevent long-term damage."

Want to find out more? Health Canada has fact sheets available at hc-sc.gc.ca and click on "health concerns."

– Astrid Van Den Broek

MAKING ORGASMIC WAVES

CANADIAN-MADE WE-VIBE HAS UNIQUE BENEFIT THAT APPEALS TO BOTH GENDERS

Gone are the days of dark, cave-like sex shops where customers secretly slink in and quickly back out into the shadows.

Personal pleasure, once considered predominantly a man's sport, has gained prestige, popularity and social acceptance among many women, who are also quick to share trade secrets among their girlfriends.

It may be this information exchange that has made the Canadian-made We-Vibe — a cleverly designed toy created for self-pleasure and couples' play — the No. 1 selling sex toy among playful pairs around the globe.

It has a revolutionary shape, which simultaneously stimulates the G-Spot and clitoris, and a unique benefit that appeals to both genders (worn while making love).

The We-Vibe, launched in 2008, continues to stretch the limits of our bedroom romps, going beyond the commonplace phallic fare typically available.

The We-Vibe 3, the latest version of this environmentally-friendly find (it's rechargeable and body safe, made with medical-grade silicone and 100 per cent lead free), is touted as the most powerful couples vibrator.

Added bonus(es) — it comes with a wireless remote control to switch between the six vibration modes (for all kinds of imaginative fun) and it's completely waterproof!

Also making orgasmic waves is the company's three super-powerful, yet highly compact offerings: The Touch (a hand-held personal massager); the lipstick-shaped Tango; and its latest offering for solo play, the Thrill by We-Vibe®, which is coming this fall to retail locations across Canada.

For full product info, visit we-vibe.com ... then go ahead and share the buzz with your pals.

– Tanya Enberg

Pineapples and coconut sauce: Tropical take on scallop stir-fry

ROSE REISMAN
for more, visit
rosereisman.com

I prefer buying large scallops for a stir-fry. The key is to not overcook them, or they become dry and chewy.

Make sure to buy light coconut milk, which is much healthier for you than regular coconut milk. Serve over rice or noodles.

1. Make the coconut hoisin sauce by whisking together the coconut milk, hoisin sauce, oyster sauce, peanut butter, cornstarch, garlic, ginger, chili sauce and brown sugar in a small bowl until smooth. Set aside.

2. Lightly coat a nonstick grill pan (or wok) with cooking spray and set over medium-high heat. Add the scallops and sauté until the flesh is opaque and center is slightly translucent, about 3 minutes. Remove from the pan and set aside.

This stir-fry serves four. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

3. Steam or boil the broccoli for 2 minutes just until tender. Drain well. Respray the pan (or wok) and reduce the heat to medium. Add the broccoli and the red bell pepper and stir-fry for 2 minutes.

Ingredients

Sauce
- 1/2 cup light coconut milk
- 1/4 cup hoisin sauce
- 2 tbsp oyster sauce
- 1 tbsp natural peanut butter
- 1 tsp cornstarch
- 1 1/2 tsp chopped garlic
- 1 tsp finely chopped ginger
- 1 tsp hot chili sauce
- 1 tbsp brown sugar

Stir-fry
- 12 oz large scallops
- 1 1/2 cups chopped broccoli (including stems)
- 2 cups sliced red bell pepper
- 1/2 cup diced pineapple
- 1/4 cup chopped cilantro
- 3 tbsp chopped green onions

4. Add the sauce and scallops and stir-fry for another 2 minutes or until the sauce thickens and all the ingredients are heated through. Transfer to a serving platter and sprinkle with pineapple, cilantro and green onions.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

What you don't know about yogurt can hurt you

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

These days, all you hear about is probiotics. Do you really need them? Do they really affect your health? What happens if you don't have them and what the heck are they anyway?

Probiotics feed the good bacteria in your gut. Good bacteria in your gut breaks down food, synthesizes vitamins, stimulates immunity and kills bad germs. In short, they are crucial.

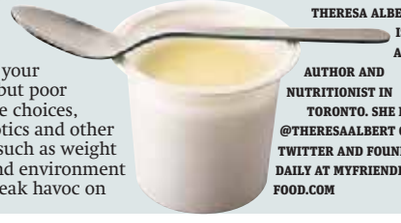
We are born with a set amount of good bacteria (thank your mom) but poor lifestyle choices, antibiotics and other issues such as weight gain and environment can wreak havoc on these life-sustaining belly buddies. Poor gut flora has been linked to everything from C. difficile to the metabolic syndrome. Trust me, you care.

One of the best ways to build good bacteria is to eat yogurt. The shelves are full of boasting brands.

Here is your cheat sheet of what to look for:

- Gelatin free
- No colourings or flavourings
- Only real fruit added
- As low in sugar as palatable to you
- As fortified in probiotic as high as possible (more than one billion if possible)

The most important key is to choose a flavour that will keep you interested and eating. It doesn't matter how healthy a food is, it won't do you any good sitting in the fridge.



THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Educate your kids about money. Start young. Take time to show them that salmon costs more than a lemon. ISTOCK

ABC's of money can start as early as three

Never too early. Talk to your kids about money, add financial literacy to their learning and they will thank you later

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Summer is officially over and your children are heading back to day-care and school. Now is the perfect time to add financial literacy to their regular routine.

When North American adults were surveyed by CouponCabin.com in August, nearly 75 per cent of them wish they'd received more financial education when they were young. Instead, according to the BMO Retirement Institute's Approach to Retirement, many people learn about money through first-hand experiences (some good some bad) or upon the advice of friends and family members (some are qualified while others are not).

Good thing, nearly 80 per cent of parents these days are motivated to pass along smart money management skills to their children.

Don't worry if you're not financially savvy like Warren Buffett. Talking to your children about money is easy and, in fact, you can start as early as three years old.

Toddlers can learn money basics, like what it looks like and how it feels, by showing them coins and providing a small piggy bank to play with. This is also a great opportunity to teach your children a little bit about numbers; like how four is larger than two and what numbers look like when they're written out. Spend time counting coins with them and perhaps make a craft out of your penny collection.

Take your kids to the grocery store and explain what prices mean and the difference between an expensive item, like a piece of salmon, versus the cost of a lemon. Allow them to pick out their favourite foods and read the prices with them. Show your children how coupons are used and explain why saving money is good for families.

When Junior is a bit older, describe what you're doing when you go to the bank or ATM machine. If you pay with a credit card versus cash, explain the difference between the two methods of payment. As early as five years old, put your children on a small allowance. These allowances are critical tools parents can use to demonstrate how to budget and prioritize a child's money. When linked to chores and tasks, allowances convey the lesson of the value of a dollar. Through an allowance, children can begin to demonstrate their OWN ability to plan ahead, use a budget and be accountable for their spending. This is also a great time to open up a bank account.

Follow Lesley on Twitter @LesleyScorgie

Premier McGuinty sees $$$ as big as the tar sands.

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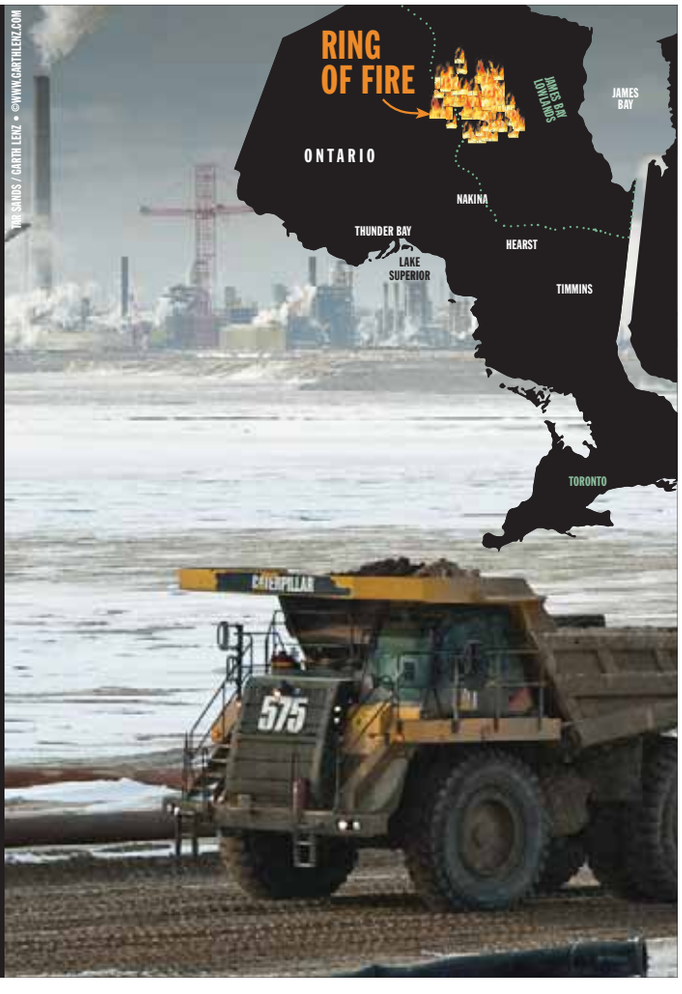


Let's talk about sex, baby

Poll. We interviewed 2,500 of you about your most intimate secrets. Here's what you revealed (we won't judge).

How often do you have sex?
Look at the person next to you. Wink. Today may be your lucky day: 45 per cent said they get busy weekly, which beat daily (eight per cent) and monthly (12 per cent) for the top spot. Only one per cent have sex yearly, and 12 per cent didn't know or said "it depends," but second place actually went to: "It's been too long since the last time" (17 per cent). Sorry folks. May we introduce you to some virgins (six per cent)?

What's your kink of choice?
You really enjoy your public displays of affection: An overwhelming 42 per cent of survey responders admitted to having sex outdoors or in public. And, while your parents might have told you not to play with your food, now that you're an adult you enjoy playing with your food ... in bed (21 per cent).

Three's never a crowd: 13 per cent of you have dabbled in a ménage à trois. (Are 13 per cent of you lying?)

About 14 per cent have tried the dominant game while 10 per cent have played the submissive, and an especially sexually adventurous four per cent of you have tried on some S&M gear. Playing with candles (four per cent) didn't light your fire as much as playing with butt plugs (nine per cent). And, a select few of you (four per cent) have a few sexy secrets that weren't even mentioned.

Note to the 34 per cent of you who said you weren't kinky: Experiment. If butt plugs are too adventurous, maybe try food in bed — you probably eat there anyway.

What kind of erotica do you enjoy?
About a quarter (27 per cent of you) don't need outside materials to turn you on. But, when it comes to your sexual media, the majority of you head online. Forty-five per cent get excited from videos and web clips, with a small portion of responders preferring to watch sex acts live (four per cent).

Erotic fiction tickles the fancy for 15 per cent, while two per cent of you are hanging on the telephone. About seven per cent of you are lovers of the arts — pornographic photography art, that is.

Why is Fifty Shades of Grey such a big deal?
For the majority of you (10 per cent), you felt the most appealing part of reading the Fifty Shades series was the fact that reading about sex is empowering. However, a lot of you also believed the books had people hooked because it made submissive fantasies more mainstream (eight per cent).

Five percent couldn't ignore that the books' popularity was probably due to the connection to Twilight, while six per cent felt the fantasy series' basis in reality was what made so many people read it.

Three per cent felt that the reason Fifty Shades was so popular was because it was available on ebook to readers, allowing them to peruse steamy scenes anywhere from the four walls of their bedroom to wide-open public transportation.

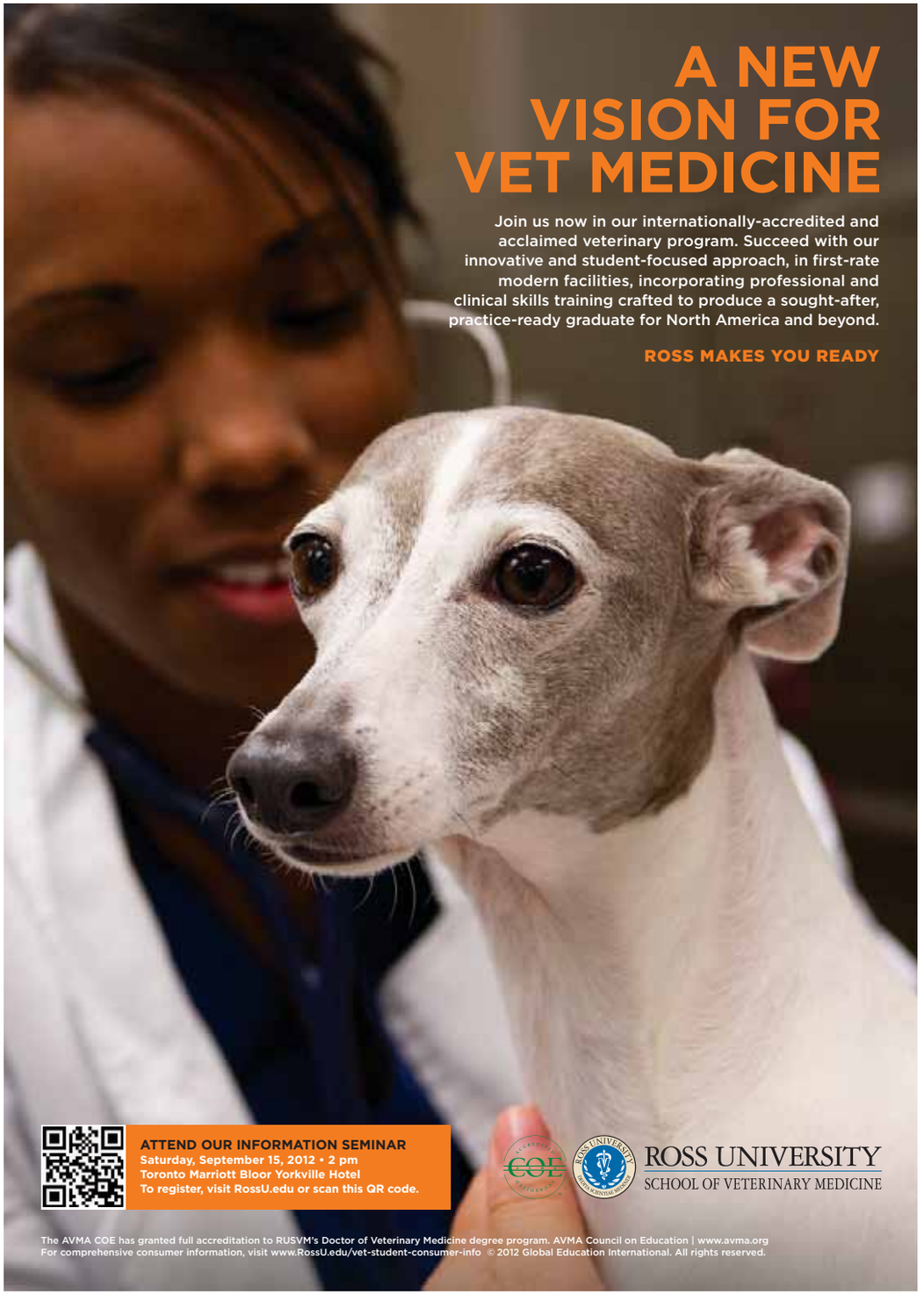
What fictional characters do you want to see getting hot and heavy?
Light up the Bat-signal: 22 per cent of you want to see Batman and Catwoman get busy. But Marvel heroes Iron Man and Black Widow aren't that far behind (11 per cent). You weren't so interested in seeing Spider-man finally land Gwen Stacy (five per cent).

For you Hunger Games fantasy fiction fans, Katniss and Peeta (three per cent) beat out Katniss and Gale (two per cent). Oddly, Katniss/Gale tied with the desire to see Frodo and Gollum getting it on.

Maybe "Doing the Hobbit" will be the next big sex trend of 2012. METRO WORLD NEWS

Stat

22% want to see Batman and Catwoman get it on..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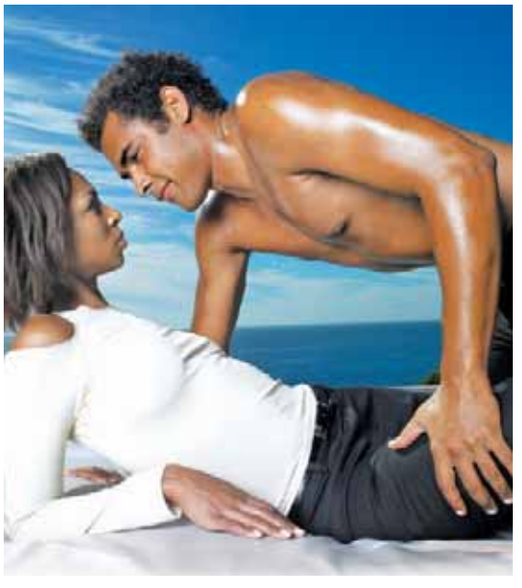


Fill in the Blank, a book by artists and graphic designers Elodie Chaillous and Vahram Muratyan, is full of visual and written prompts for tapping inner creativity. QUIRK BOOKS, ELODIE CHAILLOUS, VAHRAM MURATYAN/THE ASSOCIATED PRESS

Save that scribble!

Not a waste of time.
The art of doodling taken seriously by artists, crafters

Ben Bass is a longtime computer programmer and avid doodler. In elementary school, he doodled World War II airplanes, and doodled throughout high school and college.

Then doodling got away from him. "Parenting and a full-time job kind of drains the doodle out of you," Bass explains.

Bass thanks a tedious work meeting 18 years ago for bringing him back to doodling. Bored out of his mind, the Affton, Mo., resident started tapping a pen on his notepad, making tiny ink dots on the paper. Eventually, the spots started to look like something — a horse's head — and Bass' doodling days returned with a vengeance.

Today, he doodles in his personal pointillism whenever he's sitting with his hands free.

"It lets me focus my energies. It lets my mind reset," says Bass, 49. "Those are the two main benefits of it."

Schoolchildren and adults doodle for the same reasons, out of boredom, to focus, to release pent-up energy. Doodling is a playful way for artists to tap their imaginations. For novices, classes are available online via crafters' blogs and at some small arts and crafts shops.

"It's a good way to germinate ideas," says Deb Douglas, assistant professor of art history at St. Louis University.

Douglas was featured this summer in Booze Doodle, a series in the St. Louis culinary magazine Feast. Local artists are asked to doodle with a Sharpie on a cocktail napkin at an area restaurant. First they're handed a cocktail to "stir the creative juices," according to the magazine's website.

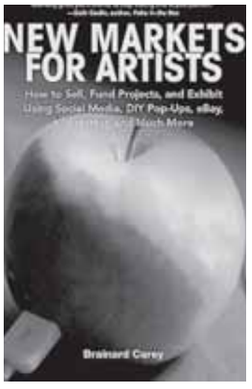
Douglas doodled some floral and seashell patterns she'd been working into a painting, she says. On her own, she doodles when she feels stuck artistically.

"Doodling is often a way for me to make lists esthetically," she says.

THE ASSOCIATED PRESS

Master new media to market your art

BRUCE WALSH
Metro World News in Philadelphia



Over the last two decades, New York conceptual artist Brainard Carey has carved out a career for himself on the international scene, with featured performances at the Whitney and Venice Biennials, among other notable venues.

But he has also pursued a parallel career as a kind of motivational speaker for contemporary artists. His message: In order to have a career, you have to develop your strategic voice, not just your artistic voice.

"Artists who have a sense of aesthetics and quality constantly see other's work which is poorly made — or just bad — being exhibited. That's very frustrating. But it also tells us something: There is another mechanism, beyond quality, for why that work is presented," explains Carey. "So all I'm saying is, 'let's look at what those mechanisms are.'"

His latest book, New Markets For Artists, is a sequel to last year's Making It in the Art World.

This time, Carey wants to help artists rethink their use of social media and online markets.

"One of the ways people gain access is understanding how to reach people in an effective way. It's all incredibly personal. How we approach people and handle ourselves is 90 per cent of what's going on in our careers," he explains.

"We have to practice our etiquette and think about how we're approaching people. The best analogy is online dating. It's not very effective to say, 'Here's my picture. If you think I'm handsome, click my e-mail.' Yet that's basically what artists often do with their work. That's not attractive. People want to see something about who you are and how you think."

Talk the talk

"How we approach people and handle ourselves is 90 per cent of what's going on in our careers."
Brainard Carey
Author of New Markets for Artists

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GET INVOLVED

MAKE THE MOST OF STUDENT LIFE WHILE ON CAMPUS

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Whether you live in residence or on your own, a great part of university life can happen on campus. But how to ensure you make the most of it?

Marlene Gross, manager of services for new students at Concordia University, says start with a full tour of campus. If you don't do it now, you might spend your entire academic career in your one corner of campus. "It really gives you a full feel of the university," she says.

Sarah Morris, assistant director of student services at Saint Mary's University, says orientation events are a good first step. "It's a great way to meet new people. Saint Mary's has (people from) over 90 countries on campus so it's a great way to see what the world is all about and stay home at the same time."

SMU also hosts a Society Expo for the more than 60 groups on campus, as well as a volunteer fare; both are excellent ways to extend your social network. At many schools you will already be paying for gym membership, or have a discounted price, so find out to what you are entitled.

Mitchell Miller, student life coordinator at McGill University, says organizations such as the Student Society of McGill University can connect you to hundreds of societies and clubs, from charities and social activism to commerce and mentoring programs with older students. Faculty and departmental clubs will give you a chance to find study buddies.

Campus life can also be a good way to try potential careers. McGill has a campus radio station, CKUT, for those interested in broadcasting.

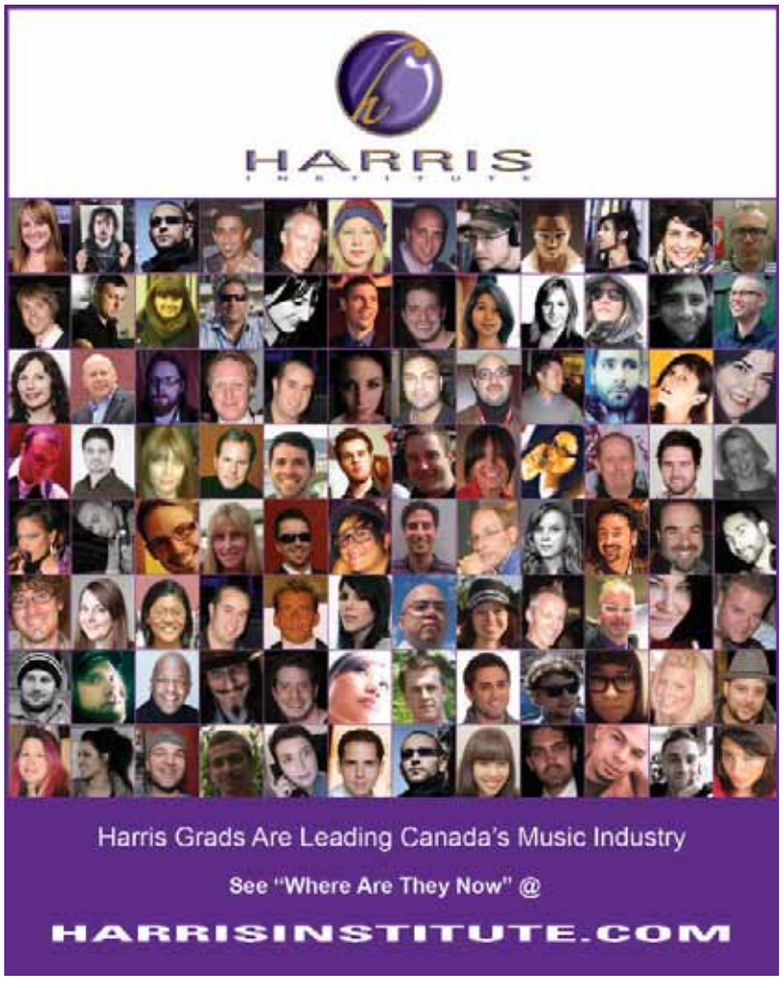
"Student life is a really important way to get involved in it," he says.

Student newspapers are another way to gain writing experience, and to go to fun events. Mitchell says he was a very involved student and it paid off. "The skills it helped me build are so helpful now in my career path," he says. "It really increases your social circle."

Marlene Gross cautions that your workload in September is probably the lightest it will be all year, so be careful not to over-commit to extracurricular activities. Get an agenda and mark out your fixed items like classes, study time and work shifts, and then think about what else you can manage.

"It's all about balance and time management. It's important to get involved, but not to skip classes," she says.

– Jon Tattrie



TRAINING COURSE DEBUTS

PREP PROGRAM AT CENTENNIAL COLLEGE

CENTENNIAL COLLEGE PHOTO

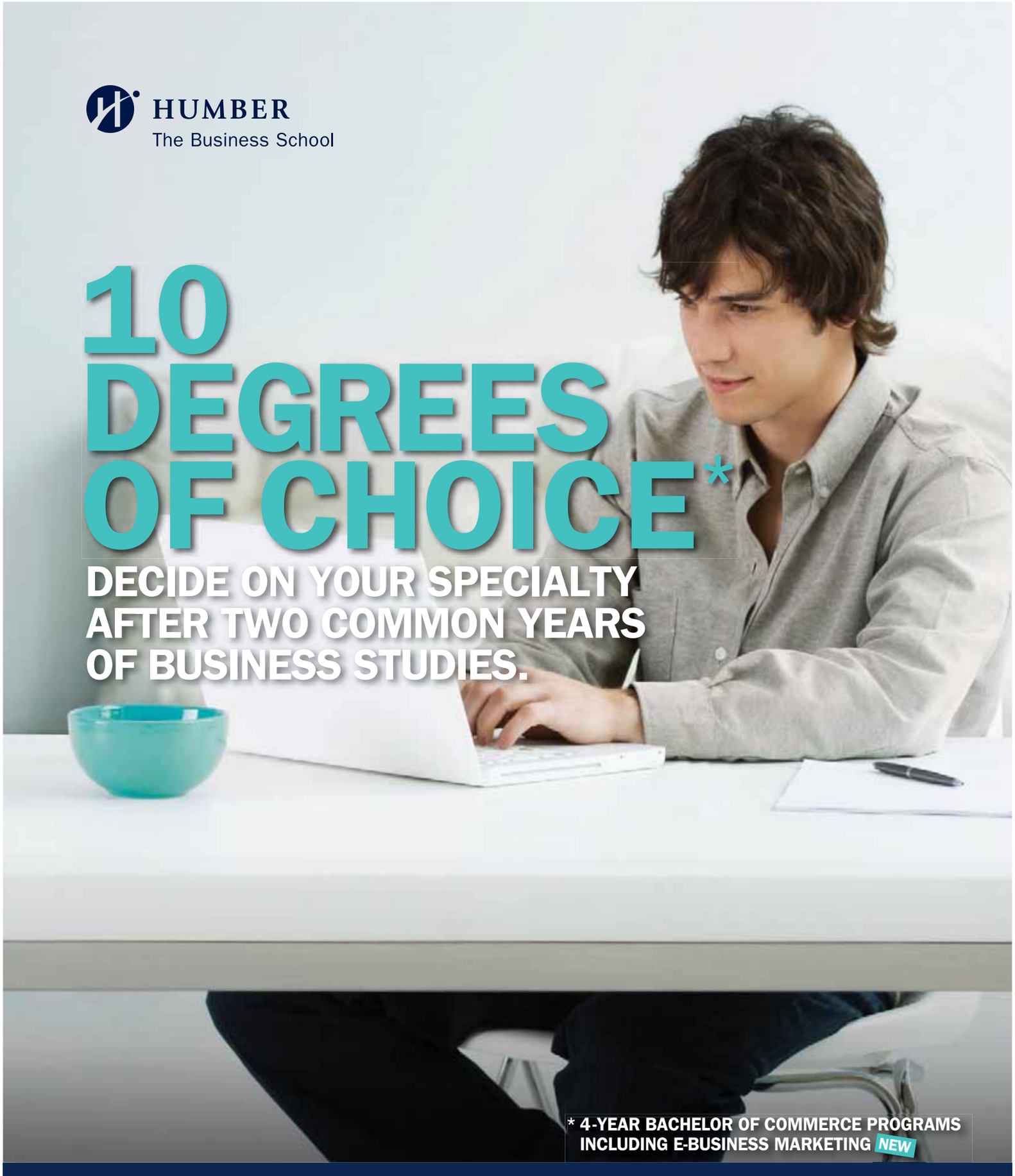
Chronic ailments like heart disease and diabetes are on the rise. They are keeping doctors busier than ever — and they could keep you busy, too. That is if you are a personal trainer.

Centennial College's personal trainer certification prep course debuts this fall. A part-time course offered on Saturdays, it combines in-class lectures with practical training in the gym to prepare you for the certification you need to pursue a part-time or full-time career as a personal trainer. You will study biomechanics, exercise physiology, fitness testing, equipment usage, health assessment, and more.

Take this course and you will be off to a great start. It's offered in conjunction with the U.S.-based World Instructor Training Schools (W.I.T.S.) — meaning those who successfully complete the W.I.T.S. written competency and practical skills assessment at the end of the course may pursue the W.I.T.S. personal trainer certification, too.

Centennial is the first college in Ontario to form such a partnership with W.I.T.S. Their shared goal is to produce highly skilled personal trainers, able to work alongside doctors, chiropractors, and other health specialists to achieve positive outcomes for clients. With W.I.T.S. certification, you will also be recognized by Canadian Fitness Professionals Inc. (canfitpro) as eligible for accreditation towards the canfitpro personal training specialist (PTS) designation.

The personal trainer certification prep course (CESI-208) runs Oct. 13 to Dec. 8, at Centennial's Progress Campus. The in-class and practical training components total 16 hours each, and there are no prerequisites. To register, phone 416-289-5300 or visit centennialcollege.ca/ce.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FREE INNOVATIVE LANGUAGE PROGRAM

FOR NEWCOMERS

JUPITERIMAGES/CREATAS/THINKSTOCK

A desire to improve his family's life drove Piyush Darji to move to Canada from India, and an innovative language training program has helped him succeed.

In January 2010, Darji arrived in Toronto with his wife and two young children, and 13 years of nursing experience. He had his qualifications assessed by the College of Nurses of Ontario, and found work as a medical assistant at a pain clinic.

While waiting to write his entry-to-practice exam, a friend told him about Workplace Communication Skills for Health Care, a free course for newcomers on the language skills and cultural knowledge relevant to health occupations in Ontario.

Darji took the course earlier this year at George Brown College, spending three days a week learning how to effectively interact with others at work in person, by phone and by email. The practical course also provided an overview on different health-care workplaces and commonly used medical terms, and helped him build his skills in professional networking and job interviewing.

"Before, I was scared of communicating at work, but because of the course I became familiar with the appropriate language to use with colleagues and patients," Darji says. "We did a lot of role playing, which was very helpful."

The course Darji took is part of Occupation-specific Language Training (OSLT), unique training options that provide immigrants with workplace communication skills and sociocultural insights for two dozen occupations in seven employment sectors: Automotive; business; child and youth worker; construction; technology; policing and security; and health care.

Led by Colleges Ontario and funded by Citizenship and Immigration Canada, the 180-hour courses (co-oslt.org) are offered at 15 Ontario colleges, including six in the GTA: Centennial College; Collège Boréal; George Brown College; Humber College; Seneca College; and Sheridan College.

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University of Toronto Faculty of Law		
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ALUMNI SOUND OFF

HARRIS INSTITUTE SUCCESS STORIES

Harris Institute is a world leader in audio production and music industry education. Its alumni now occupy senior positions at Universal Music Group, IMAX Corporation, CBC, Nelvana, Rogers, and dozens of other content providers. Many have established successful companies of their own, too.

With its 25th anniversary approaching, Harris is celebrating these alumni in a "Where Are They Now?" section on its website. Phil Demetro is one of them.

"The further I get in my career, the more I appreciate what Harris Institute did for me," says Demetro, senior mastering engineer at Lacquer Channel Mastering, as well as an instructor and multiple Juno Award winner.

"The classrooms were full of people with dreams like mine — who gave me the drive and determination to do something great. And the teachers were fantastic. Many of the people I met at Harris are still vital contacts today."

Phil Demetro

HARRIS INSTITUTE PHOTO

David Quilico, vice-president, creative, of Sony/ATV Music Publishing Canada, has similar memories. "Harris Institute was my first real mentor in this business," he says. "I am grateful for the opportunity to work alongside a music industry filled with Harris graduates."

One of those fellow graduates is Mishelle Pack, a creative consultant at Sony/ATV. Pack graduated from Harris' recording arts management program in 2007, and it directly influenced her career.

"Harris' curriculum was diverse, yet strategic," she remembers. "The knowledge it gave me proved invaluable when I began my first internship — with Sony/ATV. I utilize the skills I learned and the relationships I made at Harris every day."

To learn more about Harris Institute and its alumni, visit harrisinstitute.com.

CELEBRATE MILESTONES ON YOUR LAW JOURNEY

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The University of Toronto's Internationally Trained Lawyers Program (ITLP) recognizes the challenges facing internationally trained lawyers trying to adapt to Canadian legal practice. It's not just a matter of study and dedication — it also means adjusting to a new home, a new culture, and different ways of thinking.

That's why the ITLP encourages you to celebrate each milestone in your journey to accreditation, no matter how long that journey takes. And it provides you the academic and professional tools you need to reach your goal.

Caribbean-born Keisha-Ann Shaw Hill was a mom with a newborn when she started the program. Now she practises real estate law full time. "It's very exciting," says Shaw Hill. "I don't feel like I am just starting out as a new lawyer in Canada."

Mehreen Alavi is another successful graduate. Already called to the bar in England, Wales, and Pakistan, she has since interned with Torys LLP, articled at Stikeman Elliott, and will be called to the Ontario bar this month.

Mehreen Alavi, centre.

UNIVERSITY OF TORONTO PHOTO

Gurpreet Shergill appreciated ITLP's class format. "Group discussions and suggestions by professors and TAs on how to prepare for exams were very helpful," he remembers.

Students in the ITLP must be Canadian citizens, permanent residents, or convention refugees, and must have completed a law degree in their home country.

Phone 1-416-978-6770 or visit itlp.utoronto.ca to learn more.

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HUMBER COLLEGE PHOTO

OPPORTUNITY KNOCKS

The business world is growing faster, more complex. Though budgets have tightened, technology continues to expand our reach — putting today's business person in contact with colleagues and companies from all over the globe. If you are a recent high school graduate with a future in business, this spells opportunity.

In September 2013, The Business School, part of Humber College, introduces four new degree programs designed to prepare you for the changing face of business. Combining theory with practical skills and training, they will give you the knowledge, and guidance, you need to start your career.

Bachelor of commerce-finance will be a four-year degree program for those interested in analyst positions in finance, financial services, planning, investment, risk management, and insurance. Professionals in this field possess skills vital to the operation of any organization.

The first two years of the finance program are introductory, providing you with a foundational knowledge of traditional business functions and practices. In years three and four, you will apply what you have learned — developing business and financial strategies of your own, while sharpening your critical thinking, analytical skills, communications skills, and leadership abilities.

HUMBER COLLEGE PHOTO

The bachelor of commerce-supply chain management degree program will put you in a field of increasing importance to the global marketplace. "Supply chain" refers to the network of companies that work together to produce, deliver, and service products and services. It takes a highly skilled individual to oversee one of these operations, and that person could be you.

As a graduate of the supply chain management program, you will be qualified for a variety of careers, including buyer, sales forecaster, and transportation analyst.

The bachelor of commerce-management studies degree program will prepare you for a management role in domestic businesses, including small- and medium-sized businesses. You will master all seven traditional management functions: Planning; organizing; staffing; directing; co-ordinating; reporting; and budgeting — creating a highly employable package.

As a graduate of this program, you will have the knowledge and skills necessary to assume entry-level management positions in most industries, and in areas including finance, human resources, marketing/sales, and operations/logistics.

The Business School is waiting to hear from you. Visit business.humber.ca today, and take the next step in your journey.

FIND OUT MORE

To find out more about new degree programs offered by The Business School, part of Humber College, contact Paul Griffin, PhD, associate dean — business degrees, at the Humber Institute of Technology & Advanced Learning. Griffin's office is located at 3199 Lake Shore Boulevard W., Room H215, in Toronto. He can be reached by telephone at 416-675-6622, ext. 3226.

HUMBER COLLEGE PHOTO

VISIT OPEN HOUSE

You can learn more about Humber College's Lakeshore Campus at the next open house, taking place Nov. 10, between 10 a.m. and 2 p.m. This is your chance to meet faculty and students, tour the area, view labs and facilities, and more. You don't need to be registered to participate.

You can also schedule a regular campus tour throughout the year. For more information, visit humber.ca/experiencehumber.

WIDER RANGE OF CHOICES TO BE OFFERED AT HUMBER BUSINESS SCHOOL

In September 2013, The Business School, part of Humber College, debuts four new degree programs. If you are dreaming of a career in business, read on.

"These new programs expand the existing lineup of bachelor of commerce degrees currently available at Humber," says Paul Griffin, associate dean — business degrees, Humber Institute of Technology & Advanced Learning. "They offer a wider range of choices for our students, and prospective students, while providing additional areas of specialization."

The four new programs will focus on finance, supply chain management, management studies, and marketing, respectively. Each will provide a solid grounding in business basics, adding its own courses specific to the program's field of study. Students will be challenged to apply what they have learned through projects and case study analyses.

Why study these disciplines at The Business School? Griffin knows many reasons.

"You will be taught by outstanding faculty, each with distinguished academic credentials, many of whom also have years of industry experience," he says. "The classes they teach are purposely smaller than those you would find in a typical degree program. Moreover, we maintain strong links to the industries you're likely to be employed in after graduating. In addition, we offer excellent facilities and state-of-the-art classrooms on a beautiful campus."

All four programs will last four years, consisting of eight semesters of classroom study, plus one mandatory, paid work term. Classes will be held at Humber's Lakeshore Campus, which is located along Toronto's public transit line, minutes from many downtown attractions.

Graduates of any of these programs will have the potential to be promoted to mid-level management positions within five to 10 years, or pursue graduate studies in the same or related fields. So begin planning for your future now.

Contact The Business School (business.humber.ca) to learn more about these programs, and how they could be right for you.

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That's where CareerBear.com comes in to save the day. The site is Canada's premier information source for people who want a new career, but aren't sure where to start their search.

One of the things that makes Career Bear so unique and effective is that its content is Canadian, so the articles are tailored specifically to what's happening in Canada, as well as what will be happening in the future. This ensures the information is relevant and applicable to readers.

ISTOCKPHOTO/THINKSTOCK

At the home page of CareerBear.com, you can browse careers by industry, salary, outlook or alphabetical listing. On each career page, you will find job profiles, quick career facts and training programs near you.

In other words, not only does Career Bear provide you with information about how to make the move, but it also suggests programs and schools in your area that can help make the dream a reality.

To date, more than 65 detailed profiles have been written about careers in fields such as business, writing and language, creative arts, engineering and science, culinary arts, IT, trades, medical and health, legal and professional, and more. As time goes on, this number will only continue to grow.

Career Bear is loaded with great content and in the coming weeks (and months), it will continue to add great general interest articles. Topics that have been covered recently include why you shouldn't stay in the same job for more than five years, the careers with the fastest salary growth, the best jobs for working moms, and the 10 hottest career options for the next five years.

Check out CareerBear.com today to get a head-start on landing your dream job of tomorrow.

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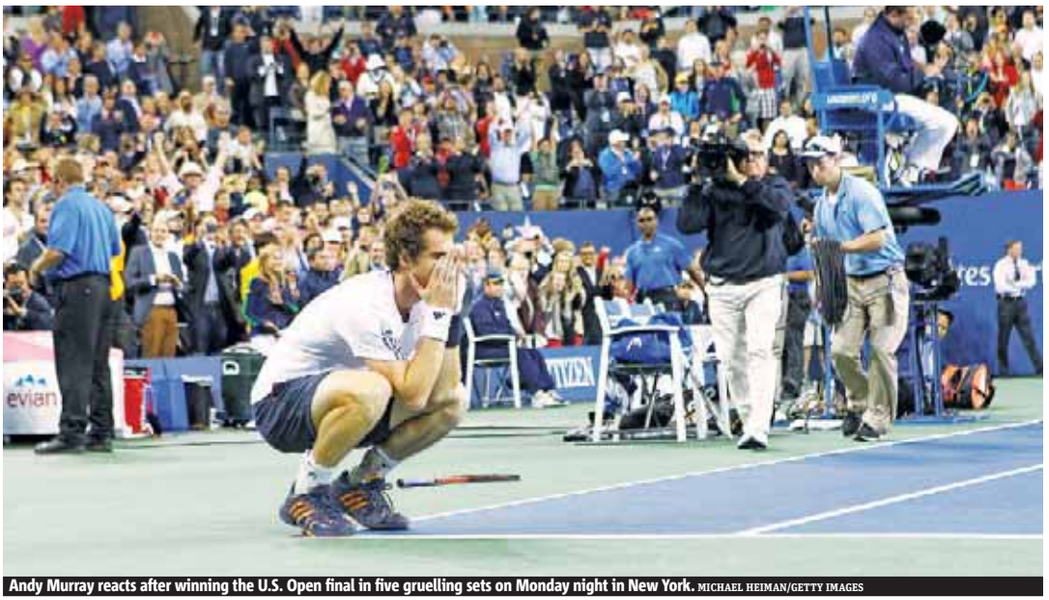
SPORTS 4



Andy Murray reacts after winning the U.S. Open final in five gruelling sets on Monday night in New York. MICHAEL HEIMAN/GETTY IMAGES

Murray ends major drought at U.S. Open

Tennis. After blowing two-set lead, 25-year-old Scot recuperates to take title from Djokovic

His considerable lead, and a chance at history, slipping away, Andy Murray dug deep for stamina and mental strength, outlasting Novak Djokovic in a thrilling five-set U.S. Open final Monday.

It had been 76 years since a British man won a Grand Slam singles championship and, at least as far as Murray was concerned, it was well worth the wait.

Ending a nation's long drought, and snapping his own four-final skid in majors, Murray finally pulled through with everything at stake on a Grand Slam stage, shrugging off defending champion Djokovic's comeback bid to win 7-6 (10), 7-5, 2-6, 3-6, 6-2.

"Novak is so, so strong. He fights until the end in every single match," Murray said. "I don't know how I managed to come through in the end."

Yes, Murray already showed he could come up big by winning the gold medal in front of a home crowd at the London Olympics last month. But this was different. This was a Grand Slam tournament, the standard universally used to measure tennis greatness — and the 287th since Britain's Fred Perry won the 1936 U.S. Championships, as the event was known back then.

Murray versus Djokovic was a test of will as much as skill, lasting four hours and 54 minutes, tying the record for longest U.S. Open final. The first-set tiebreaker's 22 points set a tournament mark. They repeatedly produced fantastic, tales-in-themselves points, lasting 10, 20, 30, even 55 — yes, 55! — strokes, counting the serve. The crowd gave a standing ovation to salute one majestic, 30-stroke point in the fourth set that ended with Murray's forehand winner as Djokovic fell to the court, slamming on his left side.

By the end, Djokovic — who had won eight consecutive five-set matches, including in the semifinals (against Murray) and final (against Rafael Nadal) at the Australian Open in January — was the one looking fragile, trying to catch breathers and doing deep knee bends at the baseline to stretch his aching groin muscles. After getting broken to trail 5-2 in the fifth, Djokovic had his legs massaged by a trainer.

"I really tried my best," Djokovic said.

When Djokovic sent a forehand return long on the final point, Murray crouched and covered his mouth with both hands, as though even he could not believe his moment had actually arrived.

THE ASSOCIATED PRESS

By the numbers

1949

No one had blown a two-set lead in the U.S. Open title match since 1949, and Murray was determined not to claim that distinction.

NFL

Clock mistake gave Lions extra timeout in opener

St. Louis Rams coach Jeff Fisher says a mistake by the clock operator late in Sunday's last-second loss at Detroit basically gave the Lions an extra timeout that completely changed how the finish played out.

"In essence, Detroit was granted an extra timeout, I guess, if you want to look at it from our perspective," Fisher said Monday.

The league office agreed Monday. It's just a bit of consolation for a team coming off a two-win season that took the Lions to the wire on the road in their opening 27-23 loss.

THE ASSOCIATED PRESS

NFL

Nelson done for season as bad start gets worse for Bills

As if a deflating season-opening loss wasn't bad enough in putting a dent in the Buffalo Bills' high expectations. Now they have injuries to two key offensive players to contend with.

Receiver David Nelson will miss the rest of the season after tearing a ligament in his right knee. The news is at least a little more encouraging for running back Fred Jackson, who will miss at least four weeks after he also hurt his right knee.

THE ASSOCIATED PRESS

New York's LaRon Landry hits Buffalo's David Nelson on Sunday. GETTY IMAGES

Mobile sports

"What a golden summer it has been for our country," British Prime Minister David Cameron said on Monday. Indeed, London held one final parade a day after the end of the Paralympics to celebrate a sporting summer for the ages.

NFL. Flacco, Reed lead Ravens to blowout win over Bengals in Baltimore

Joe Flacco threw for 299 yards and two touchdowns, Ed Reed took an interception 34 yards for a score, and the Baltimore Ravens beat the Cincinnati Bengals 44-13 on Monday night for their 11th straight win at home.

Baltimore's high-powered, no-huddle offence also produced two short touchdown runs by Ray Rice. After letting an early 14-point lead dwindle to 17-13, the Ravens pulled away by scoring 24 straight points in just over six minutes.

THE ASSOCIATED PRESS

Ravens running back Ray Rice scores a first-half touchdown on Monday night. GETTY IMAGES

Tennis

Raonic to take on Roddick at ACC

Canada's Milos Raonic will make a rare appearance at home this fall.

The 21-year-old from Thornhill will battle the recently-retired Andy Roddick in "The Face-Off," an exhibition Nov. 16 at the Air Canada Centre.

"I don't get to play in front of the home crowd very often," Raonic said in a release. "This event gives me the chance to play in front of my Toronto fans, friends and family while showcasing some of the all-time great players."

THE CANADIAN PRESS

MLB. Astros not giving up on Clemens this season

Astros owner Jim Crane says there's a possibility 50-year-old Roger Clemens could pitch for Houston this season.

The Astros begin a week-long homestand on Monday that includes three games against the Cubs and four against the Phillies. Their only remaining home games after that stretch are against the Pirates and the Cardinals.

Clemens has pitched eight scoreless innings in two starts with Sugar Land of the independent Atlantic League.

When asked about pitching for Houston this season after Friday's game, Clemens said he didn't see it happening because of the time it took him to recover from his first start.

THE ASSOCIATED PRESS

Roger Clemens with the Sugar Land Skeeters on Friday. GETTY IMAGES

Lockout or not, Lupul plans to play

NHL. Maple Leafs forward in talks with teams in Europe as lockout deadline looms

The thought of another year without hockey makes Joffrey Lupul uneasy.

The Maple Leafs forward lost an entire season to various injuries and infections, and he, for one, intends to play this fall even if the NHL locks out its players this Saturday.

"I've thought a little about it and made some calls to teams in Europe and there's definitely some options for me to play there," said Lupul. "I'm going to take it week by week right now. I've trained hard all summer. I'm ready to play.

"I'll be playing hockey somewhere this year."

The NHLPA is telling its players that if they go to Europe in an event of a lockout, they need to get insurance so that if injured their NHL salaries are covered. They're also being told if they return from Europe injured, they run the risk of being suspended by their NHL team following a lockout.

"This has been their plan the whole time along — they want to get this lockout started," said Lupul. "That's Step One in their negotiations. That's a little frustrating for us."

GM Brian Burke said he had to bite his tongue when asked about the possibility of a delay to the start of the season.

"All the commentary on the negotiations comes from the league offices and that's going to continue," said Burke.

"We'd all like to start on time. Hopefully, we will."

TORSTAR NEWS SERVICE

Joffrey Lupul stretches as the Toronto Maple Leafs practice in March at the Mastercard Centre in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

Canadian team dealing with hostile crowd in Panama

If the Canadian men's soccer team was hoping for a good night's sleep Monday, here's hoping the players packed some ear plugs.

Noisy Panamanian supporters planned to camp outside the Canadians' hotel for the second consecutive night Monday to throw off the opposition ahead of Tuesday's important World Cup qualifier.

"We'll see what happens," said captain Kevin McKenna. "I'm sure there were police there so we'll see."

Canada is first in its group halfway through the stage following Friday's 1-0 victory over Panama at Toronto's BMO Field. Gaining four points from its remaining three games would allow Canada to advance to the final round for the first time since 1998.

Panama is pulling out all the stops to avenge Canada's win. On Sunday night, more than 100 Panamanian supporters stood outside the Canadian hotel banging drums, setting off fireworks and inviting passing motorists to honk their horns.

Dwayne DeRosario celebrates scoring on Friday. THE CANADIAN PRESS FILE

"I've got three kids at home. I'm conditioned," coach Stephen Hart joked when asked how he slept. "It's normal."

Sunday's antics may have been just the warm-up act as local radio shows and newspapers encouraged fans to show up at the hotel with car stereos blaring.

Cars did their best to delay the Canadian team's bus en route to the stadium for training.

A capacity crowd of 31,000 fans is expected for Tuesday's game at the Estadio Rommel Fernandez in what could be the first truly hostile crowd of Canada's World Cup qualifying run. Previous gatherings in Puerto Rico, St. Lucia, St. Kitts and Cuba were far from overwhelming.

"We're footballers. We have to get used to this and playing in these environments — especially in CONCACAF," said defender David Edgar. "If we don't thrive on playing in atmospheres like this then why are you playing the game?"

Canada will be without two key players Tuesday. Striker Olivier Occean is injured and did not make trip to Panama. Hart said he may rejig his formation as a result.

Midfielder Will Johnson is suspended for Tuesday's game because of yellow card accumulation. THE CANADIAN PRESS

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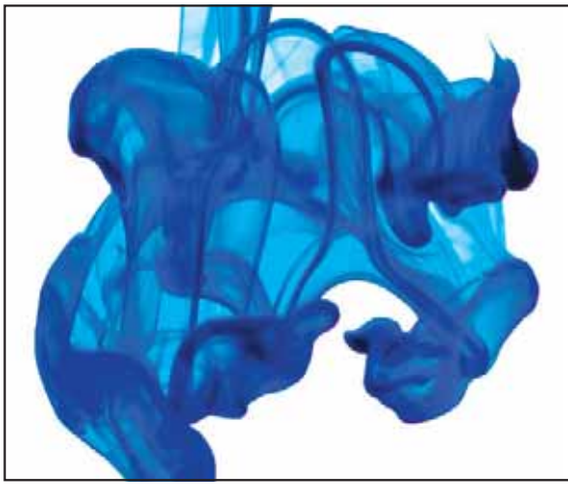

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	79	61	.564	—
Baltimore	78	62	.557	1
Tampa Bay	77	63	.550	2
Toronto	64	75	.460	14½
Boston	63	78	.447	16½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	75	64	.540	—
Detroit	73	66	.525	2
Kansas City	63	77	.450	12½
Cleveland	59	81	.421	16½
Minnesota	58	82	.414	17½

WEST DIVISION

	W	L	Pct	GB
Texas	83	57	.593	—
Oakland	79	60	.568	3½
Los Angeles	77	63	.550	6
Seattle	67	74	.475	16½

Monday's results

Cleveland at Minnesota

Detroit at Chicago White Sox

Oakland at L.A. Angels

Sunday's results

Toronto 4, Boston 3

N.Y. Yankees 13, Baltimore 3

Tampa Bay 6, Texas 0

Minnesota 8, Cleveland 7

Kansas City 2, Chicago White Sox 1 (10 inn.)

L.A. Angels 3, Detroit 2

Oakland 4, Seattle 2

Tuesday's games — All TImes Eastern

Tampa Bay (M.Moore 10-9) at Baltimore (Mig.Gonzalez 6-4), 7:05 p.m.

Seattle (Er.Ramirez 0-2) at Toronto (Morrow 8-5), 7:07 p.m.

N.Y. Yankees (Kuroda 13-10) at Boston (Lester 9-11), 7:10 p.m.

Cleveland (U.Jimenez 9-15) at Texas (M.Harrison 15-9), 8:05 p.m.

Detroit (Fister 8-8) at Chicago White Sox (Peavy 10-10), 8:10 p.m.

Kansas City (W.Smith 4-7) at Minnesota (Diamond 11-6), 8:10 p.m.

Oakland (Straily 1-0) at L.A. Angels (Williams 6-7), 10:05 p.m.

Wednesday's games

Tampa Bay at Baltimore, 7:05 p.m.

Seattle at Toronto, 7:07 p.m.

N.Y. Yankees at Boston, 7:10 p.m.

Cleveland at Texas, 8:05 p.m.

Detroit at Chicago White Sox, 8:10 p.m.

Kansas City at Minnesota, 8:10 p.m.

Oakland at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	87	54	.617	—
Atlanta	81	60	.574	6
Philadelphia	70	71	.496	17
New York	65	76	.461	22
Miami	63	79	.444	24½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	84	57	.596	—
St. Louis	75	65	.536	8½
Pittsburgh	72	67	.518	11
Milwaukee	69	71	.493	14½
Chicago	54	86	.386	29½
Houston	44	96	.314	39½

WEST DIVISION

	W	L	Pct	GB
San Francisco	79	61	.564	—
Los Angeles	74	67	.525	5½
Arizona	69	72	.489	10½
San Diego	66	75	.468	13½
Colorado	56	83	.403	22½

Monday's results

Philadelphia 3, Miami 1

Washington 5, N.Y. Mets 1

Pittsburgh at Cincinnati

Chicago Cubs at Houston

Atlanta at Milwaukee

San Francisco at Colorado

St. Louis at San Diego

Sunday's results

Philadelphia 3, Colorado 2, 1st game

Atlanta 3, N.Y. Mets 2, 10 innings

Houston 5, Cincinnati 1

Chicago Cubs 4, Pittsburgh 2

Miami 8, Washington 0

St. Louis 5, Milwaukee 4, 10 innings

San Diego 8, Arizona 2

Philadelphia 7, Colorado 4, 2nd game

San Francisco 4, L.A. Dodgers 0

Tuesday's games — All Times Eastern

Miami (Eovaldi 4-11) at Philadelphia (Halladay 9-7), 7:05 p.m.

Pittsburgh (Correia 10-8) at Cincinnati (Leake 7-9), 7:10 p.m.

Washington (Zimmermann 10-8) at N.Y. Mets (Dickey 18-4), 7:10 p.m.

Chicago Cubs (Germano 2-6) at Houston (Lyles 3-11), 8:05 p.m.

Atlanta (T.Hudson 14-5) at Milwaukee (Estrada 2-6), 8:10 p.m.

San Francisco (Bumgarner 14-10) at Colorado (Chacin 2-5), 8:40 p.m.

L.A. Dodgers (Kershaw 12-8) at Arizona (I.Kennedy 12-11), 9:40 p.m.

St. Louis (Wainwright 13-12) at San Diego (Volquez 9-10), 10:05 p.m.

Wednesday's games

Miami at Philadelphia, 4:05 p.m.

St. Louis at San Diego, 6:35 p.m.

Pittsburgh at Cincinnati, 7:10 p.m.

Washington at N.Y. Mets, 7:10 p.m.

Chicago Cubs at Houston, 8:05 p.m.

Atlanta at Milwaukee, 8:10 p.m.

San Francisco at Colorado, 8:40 p.m.

L.A. Dodgers at Arizona, 9:40 p.m.

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Sep. 16 — GEICO 400, Joliet, Ill.
Sep. 23 — Sylvania 300, Loudon, N.H.
Sep. 30 — AAA 400, Dover, Del.
Oct. 7 — Good Sam Roadside Assistance 500, Talladega, Ala.
Oct. 13 — Bank of America 500, Concord, N.C.
Oct. 21 — Hollywood Casino 400, Kansas City, Kan.
Oct. 28 — TUMS Fast Relief 500, Ridgeway, Va.
Nov. 4 — AAA Texas 500, Fort Worth, Texas
Nov. 11 — Phoenix 500, Avondale, Ariz.
Nov. 18 — Ford EcoBoost 400, Homestead, Fla

CFL

WEEK 12

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	10	6	4	0	255	253	12
Montreal	10	6	4	0	273	310	12
Hamilton	10	3	7	0	297	339	6
Winnipeg	10	2	8	0	200	321	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	10	7	3	0	270	181	14
Calgary	10	6	4	0	268	254	12
Saskatchewan	10	5	5	0	267	206	10
Edmonton	10	5	5	0	239	205	10

Sunday's result

Saskatchewan 25 Winnipeg 24

Saturday's results

B.C. 43 Montreal 10

Toronto 45 Hamilton 31

Friday's result

Calgary 20 Edmonton 18

WEEK 12

Friday's game — All Times Eastern

Winnipeg at Calgary, 9 p.m.

Saturday's games

Edmonton at Hamilton, 3 p.m.

Toronto at B.C., 7 p.m.

Sunday's games

Saskatchewan at Montreal, 1 p.m.

NFL

WEEK ONE

Sunday's results

Chicago 41, Indianapolis 21

Minnesota 26, Jacksonville 23, OT

Houston 30, Miami 10

New England 34, Tennessee 13

Washington 40, New Orleans 32

Atlanta 40, Kansas City 24

N.Y. Jets 48, Buffalo 28

Detroit 27, St. Louis 23

Philadelphia 17, Cleveland 16

Arizona 20, Seattle 16

San Francisco 30, Green Bay 22

Tampa Bay 16, Carolina 10

Denver 31 Pittsburgh 19

Wednesday's result

Dallas 24 N.Y. Giants 17

Monday's games

Cincinnati at Baltimore, 7 p.m.

San Diego at Oakland, 10:15 p.m.

WEEK TWO

Thursday, Sep. 13 — All Times Eastern

Chicago at Green Bay, 8:20 p.m.

Sunday, Sep. 16

Tampa Bay at N.Y. Giants, 1 p.m.

New Orleans at Carolina, 1 p.m.

Arizona at New England, 1 p.m.

Minnesota at Indianapolis, 1 p.m.

Baltimore at Philadelphia, 1 p.m.

Kansas City at Buffalo, 1 p.m.

Cleveland at Cincinnati, 1 p.m.

Houston at Jacksonville, 1 p.m.

Oakland at Miami, 1 p.m.

Dallas at Seattle, 4:05 p.m.

Washington at St. Louis, 4:05 p.m.

Tennessee at San Diego, 4:25 p.m.

N.Y. Jets at Pittsburgh, 4:25 p.m.

Detroit at San Francisco, 8:20 p.m.

Monday, Sep. 17

Denver at Atlanta, 8:30 p.m.

GOLF

LPGA KINGSMILL CHAMPIONSHIP

At Williamsburg, Va.
Par: 71
Final Round
x-won on ninth playoff hole

x-Jiyai Shin, $195,000	62-68-69-69—268
Paula Creamer, $120,655	65-67-65-71—268
Karine Icher, $77,618	70-68-67-65—270
Danielle Kang, $77,618	67-64-70-69—270
Angela Stanford, $49,544	69-67-71-64—271
Catriona Matthew, $49,544	67-70-66-68—271
Mika Miyazato, $35,011	66-70-70-66—272
Ai Miyazato, $35,011	67-68-67-70—272
Maria Hjorth, $26,010	65-69-71-68—273
Gerina Piller, $26,010	67-69-68-69—273
Stacy Lewis, $26,010	69-65-68-71—273
Azahara Munoz, $26,010	65-68-69-71—273
Also:	
Isabelle Beisiegel, $9,182	**67-70-71-71—279**
Lorie Kane, $3,633	**69-72-74-69—284**

PGA FEDEXCUP STANDINGS

Through Sept. 9

1. Rory McIlroy	7,299—$7,842,192
2. Tiger Woods	4,067—$5,885,158
3. Nick Watney	3,586—$2,800,524
4. Phil Mickelson	3,420—$4,036,621
5. Brandt Snedeker	3,357—$3,549,739
6. Louis Oosthuizen	3,167—$3,320,195
7. Dustin Johnson	3,097—$3,188,060
8. Lee Westwood	2,726—$2,888,569
9. Zach Johnson	2,576—$4,326,804
10. Jason Dufner	2,575—$4,717,304
11. Bubba Watson	2,377—$4,340,997
12. Sergio Garcia	2,043—$2,342,916
13. Steve Stricker	2,028—$3,272,821
14. Keegan Bradley	2,007—$3,769,858
15. Luke Donald	2,005—$3,044,024
16. Matt Kuchar	2,002—$3,697,305
17. Carl Pettersson	1,976—$3,386,656
18. Jim Furyk	1,966—$3,079,805
19. Bo Van Pelt	1,950—$2,837,749
20. Robert Garrigus	1,945—$2,547,683
21. Adam Scott	1,923—$2,742,757
22. Ernie Els	1,922—$3,247,818
23. Hunter Mahan	1,899—$3,771,193
24. Justin Rose	1,791—$3,426,930
25. Webb Simpson	1,782—$3,132,758
26. John Huh	1,640—$2,490,013
27. Rickie Fowler	1,600—$2,925,493
28. Ryan Moore	1,568—$1,580,944
29. John Senden	1,512—$1,782,251
30. Scott Piercy	1,499—$2,375,630
Did not advance to Tour Championship:	
31. Kyle Stanley	1,492—$2,351,857
32. Bill Haas	1,471—$2,349,951
33. Vijay Singh	1,406—$1,347,957
34. Kevin Stadler	1,403—$1,516,786
35. Greg Chalmers	1,402—$1,166,627
36. Johnson Wagner	1,386—$2,225,007
37. Seung-Yul Noh	1,379—$1,629,751
38. Bud Cauley	1,342—$1,721,515
39. Ian Poulter	1,280—$1,715,271
40. Tom Gillis	1,277—$1,125,258
41. Ben Curtis	1,230—$2,416,473
42. Graeme McDowell	1,222—$2,408,279
43. Padraig Harrington	1,213—$1,546,272
44. Jeff Overton	1,199—$1,326,757
45. Troy Matteson	1,190—$1,198,953
46. Marc Leishman	1,165—$1,933,761
47. Geoff Ogilvy	1,164—$1,255,223
48. J.B. Holmes	1,153—$1,160,210
49. Chris Kirk	1,152—$1,161,303
50. William McGirt	1,125—$1,217,699
51. Brian Harman	1,122—$1,113,276
52. Kevin Na	1,095—$1,990,455
53. Graham DeLaet	**1,085—$1,051,951**
54. Pat Perez	1,073—$1,064,053
55. Ryan Palmer	1,070—$1,411,807
56. Tim Clark	1,065—$1,407,028
57. Brendon de Jonge	1,065—$1,314,464
58. Bob Estes	1,058—$970,282
59. Mark Wilson	1,049—$2,052,780

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	27	15	7	5	34	24	50
New York	26	13	7	7	46	39	46
Houston	28	12	7	9	40	33	45
Chicago	26	13	8	5	35	31	44
Columbus	27	12	9	6	33	32	42
D.C. United	27	12	10	5	43	38	41
Montreal	29	12	14	3	43	46	39
New England	28	7	14	7	35	38	28
Philadelphia	25	7	13	5	25	30	26
Toronto	27	5	16	6	30	48	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	27	16	6	5	56	33	53
Seattle	27	13	6	8	43	28	47
Real Salt Lake	29	14	11	4	38	32	46
Los Angeles	28	13	11	4	48	40	43
Vancouver	28	10	11	7	29	37	37
Dallas	29	8	12	9	34	38	33
Colorado	28	9	17	2	36	41	29
Chivas USA	26	7	12	7	21	41	28
Portland	27	7	14	6	27	46	27

x — clinched playoff berth.
Note: Three points for a win, one for a tie.
Wednesday's game — All Times Eastern
Chicago at Toronto, 7 p.m. (rescheduled from July 21)
Friday, Sept. 14
Houston at Kansas City, 8:30 p.m.
Colorado at Los Angeles, 11 p.m.
Saturday, Sept. 15
Philadelphia at Toronto, 1 p.m.
Seattle at Portland, 3:30 p.m.
Columbus at New York, 7 p.m.
New England at D.C. United, 7:30 p.m.
Montreal at Chicago, 8:30 p.m.
Vancouver at Dallas, 8:30 p.m.
San Jose at Chivas USA, 10:30 p.m.

CONCACAF

WORLD CUP QUALIFYING
Group A

	GP	W	D	L	GF	GA	Pt
Jamaica	3	2	1	0	4	2	7
U.S.	3	1	1	1	5	4	4
Guatemala	3	1	1	1	5	4	4
Antigua	3	0	1	2	2	6	1

Tuesday's games — All Times Eastern
At St. John's, Antigua
Antigua vs. Guatemala, 7 p.m.
At Columbus, Ohio
U.S. vs. Jamaica, 8:11 p.m.
Friday's results
At Kingston, Jamaica
Jamaica 2 U.S. 1
At Guatemala City
Guatemala 3 Antigua 1
Friday, Oct. 12
Antigua and Barbuda vs. U.S.
Guatemala vs. Jamaica
GROUP B

	GP	W	D	L	GF	GA	Pt
Mexico	3	3	0	0	7	2	9
Costa Rica	3	1	1	1	6	4	4
El Salvador	3	0	2	1	5	6	2
Guyana	3	0	1	2	3	9	1

Tuesday's games — All Times Eastern
At Georgetown, Guyana
Guyana vs. El Salvador, 8 p.m.
At Mexico City
Mexico vs. Costa Rica, 8 p.m.
Friday's results
At San Salvador, El Salvador
El Salvador 2 Guyana 2
At San Jose, Costa Rica
Mexico 2 Costa Rica 0
Friday, Oct. 12
El Salvador vs. Costa Rica
Guayna vs. Mexico
GROUP C

	GP	W	D	L	GF	GA	Pt
Canada	3	2	1	0	2	0	7
Panama	3	2	0	1	3	1	6
Honduras	3	1	1	1	3	2	4
Cuba	3	0	0	3	0	5	0

Tuesday's games — All Times Eastern
At Panama City
Panama vs. Canada, 9:05 p.m.
At San Pedro Sula, Honduras
Honduras vs. Cuba, 9:30 p.m.
Friday's results
At Havana
Honduras 3 Cuba 0
At Toronto
Canada 1 Panama 0
Friday, Oct. 12
Canada vs. Cuba
Panama vs. Honduras
Tuesday, Oct. 16
Cuba vs. Panama
Honduras vs. Canada

INTERNATIONAL SCORES

Monday
Exhibition
Indonesia 0, North Korea 2
Laos 2, Philippines 1
Brazil vs. China

EUROPEAN CHAMPIONS LEAGUE

Tuesday, Sept. 18
Dinamo Zagreb (Croatia) vs. Porto (Portugal), 2:45 p.m.
Paris Saint-Germain (France) vs. Dynamo Kiev (Ukraine), 2:45 p.m.
Montpellier (France) vs. Arsenal (England), 2:45 p.m.
Olimpiakos (Greece) vs. Schalke (Germany), 2:45 p.m.
AC Milan (Italy) vs. Anderlecht (Belgium), 2:45 p.m.
Malaga (Spain) vs. Zenit St. Petersburg (Russia), 2:25 p.m.
Borussia Dortmund (Germany) vs. Ajax (Netherlands), 2:45 p.m.
Real Madrid (Spain) vs. Manchester City (England), 2:45 p.m.

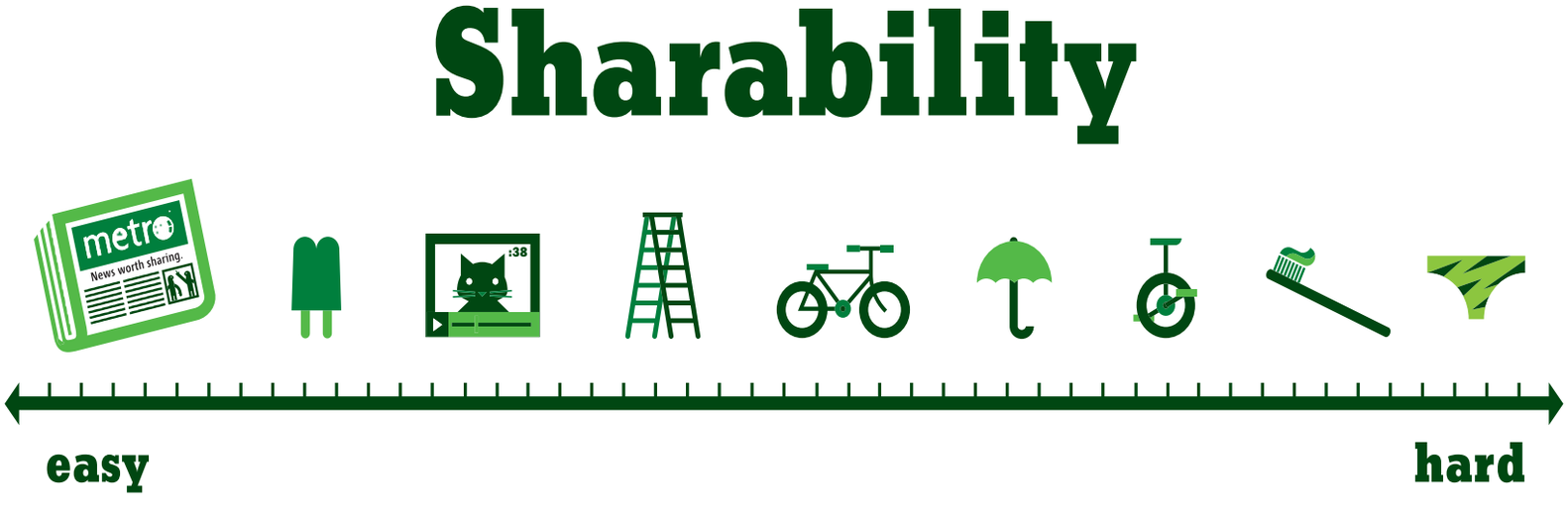
TENNIS

U.S. OPEN

At New York
Singles
MEN
Championship
Andy Murray (3), def. Novak Djokovic (2), 7-6 (12-10), 7-5, 2-6, 3-6, 6-2.
WOMEN
Championship
Serena Williams (4), United States, def. Victoria Azarenka (1), Belarus, 6-2, 2-6, 7-5.

WTA BELL CHALLENGE

At Quebec City
Singles
First Round
Annika Beck, Germany, def. Romina Oprandi (5), Switzerland, 6-1, 7-6 (11).
Tatjana Malek, Germany, def. Alexa Glatch, U.S., 7-6 (3), 6-3.
Doubles
First Round
Julie Coin, France, and Marie-Eve Pelletier, Repentigny, Que., def. Elena Bovina, Russia, and Lenka Wienerova, Slovakia, 6-4, 6-3.
Eugenie Bouchard, Westmount, Que., and Irina Falconi, U.S., def. Maria Abramovic, Croatia, and Amra Sadikovic, Switzerland, 6-2, 3-6, 10-8 tiebreak.



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Horoscopes

Aries
March 21 - April 20
Decide where you want to be a month or a year from now and then start doing the things that will make it happen. Careful planning is the key to long-term success, so put on your thinking cap.

Taurus
April 21 - May 21
Anything is possible. There are no limits to what you can do. The Sun and Mercury in sympathetic Virgo means that your attitude is right, and if your attitude is right then everything else will fall into place.

Gemini
May 22 - June 21
You will have to make a few tough decisions today and you will find you really enjoy calling the shots. But don't let the power go to your head because you are too nice to play the tough guy for long.

Cancer
June 22 - July 23
Someone who thinks they can put one over on you is going to discover that you are too sharp to be fooled. Turn the tables and use them to get what it is you most desire. They won't try to trick you again.

Leo
July 24 - Aug. 23
You know the difference between right and wrong, and you know that if you don't speak up, you will always regret it. Don't pull your punches just because your target is someone in a position of power.

Virgo
Aug. 24 - Sept. 23
You are in one of your faultfinding moods and will most likely pick apart everything that other people do. Don't be surprised to find yourself short of friends by the end of the day.

Libra
Sept. 24 - Oct. 23
Try not to put yourself under pressure today. Both at home and at work you should aim to relax and not take anything too seriously. And find a way to turn off the constant chatter inside your head.

Scorpio
Oct. 24 - Nov. 22
No matter how much you might wish to spare someone's feelings, you must be honest with them. What you have to tell them might be a bit hurtful but better a bit of hurt now than a lot of hurt later.

Sagittarius
Nov. 23 - Dec. 21
Don't be afraid to lay down the law, either at home or at work. Others will respond well to your leadership qualities and will do whatever you say. Just make sure what you say is what you believe.

Capricorn
Dec. 22 - Jan. 20
Put your ego to one side today and recognize that you don't know it all. It would be foolish to ignore what other people tell you just because you find it hard to accept. You still have much to learn.

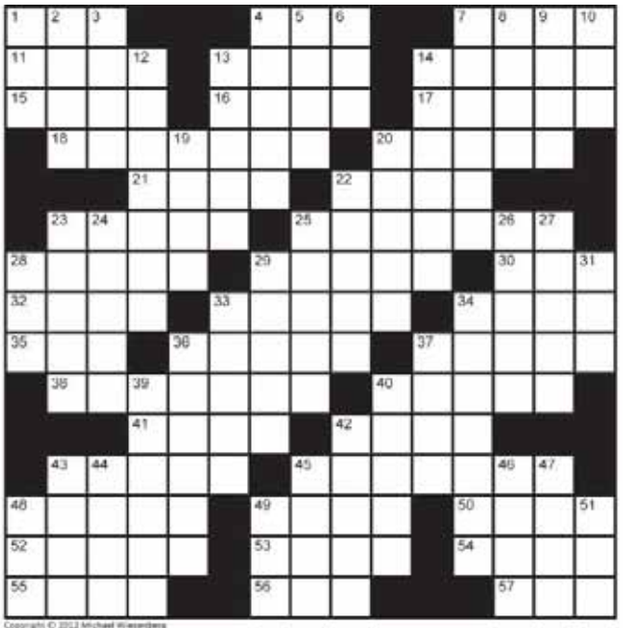
Aquarius
Jan. 21 - Feb. 19
Think before you speak, speak before you act, and act only when you have to. Every time before you open your mouth today, ask yourself this question: Will my words hurt or will they heal?

Pisces
Feb. 20 - March 20
Your life is perfect just as it is, so don't be tempted to change things for the sake of it. Both in your personal life and at work, the right opportunities will arrive at just the right time. Be ready for them.

SALLY BROMPTON

Crossword: Three Star Trek References

BY MICHAEL WIESENBERG



Across
1. Our country: abbr.
4. Simple bed
7. Become dim
11. Wide-eyed
13. Opposite of wild
14. Craze (from the Greek word for "madness")
15. Actual
16. Spoken
17. Before: Fr.
18. Montréal-born *Star Trek* star William
20. Feel about blindly
21. "I'm unable to do it"
22. Azerbaijan capital
23. Cathedral topper
25. Saskatchewan neighbor
28. Bird word
29. Acknowledged the playing of "O Canada"
30. Regret
32. Lion's bellow
33. Animal track
34. Beatnik residences
35. Rainbow shape
36. "___ behold!" (2 wds.)
37. North York, Ontario-born Mandel of *Deal or No Deal*
38. Football side that doesn't have the ball
40. Shed feathers
41. Anger
42. Boxing match
43. They become alumni and alumnae, familiarly
45. PM Wilfrid
48. ___ Jaw, Saskatchewan
49. Bronzes at the beach
50. Hammerer's target
52. Go into
53. Bride, after the vows
54. Thus
55. Crystal ball gazer
56. Dog's bark
57. Henpeck

Down
1. Windsor, Ontario product
2. Mellows, as wine
3. Biblical ark builder
4. ^ symbol
5. *Rubaiyat* poet Khayyam, actor Sharif, or *House* actor Epps
6. ___ Aviv, Israel
7. "Do me a ___ and let me have $100 till payday"
8. Take ___: sleep briefly (2 wds.)
9. Sup
10. Consume
12. BC's ___ National Park, in the Rockies near Revelstoke
13. 1,000 kg
14. Like cards in a crooked deck
19. Fruit pastry
20. Eva, Magda, or Zsa Zsa
22. *True* ___: HBO vampire series
23. King Arthur's Excalibur, for one
24. Lack of fighting
25. Make amends
26. Fish with a big net
27. Bad news for a taxpayer
28. ___ la la
29. "The Final Frontier"
31. 180° from WNW
33. ITunes downloads
34. Fries, cheese, and gravy dish
36. The Prime Minister, to Parliament and his country
37. Attorney's billing basis
39. Longest BC river
40. Cat's quarry
42. Alberta's third-largest but most-visited National Park
43. All used up
44. Memorization method
45. Animal abode
46. Deserve
47. Capital of Latvia
48. "___ amis": start of a French speech
49. Airline bought in 2001 by American
51. What a *Star Trek* captain keeps

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

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8			4		5			6
	6		8		3		4	
		4				2		
		9	7		1	3		
7								4
		8	9		4	5		
		7				8		
	1		6		7		2	
5			3		9			1

Yesterday's Sudoku

6	4	3	5	2	9	7	8	1
5	7	9	1	6	8	2	4	3
8	2	1	3	7	4	9	5	6
7	9	2	8	1	5	6	3	4
1	3	6	9	4	2	5	7	8
4	5	8	6	3	7	1	9	2
3	8	5	2	9	6	4	1	7
2	1	4	7	5	3	8	6	9
9	6	7	4	8	1	3	2	5

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